

COLD GINGER TOFU

INGREDIENTS

- 1 (14 ounce) container **soft tofu**

Sauce:

- 1 (2 inch) piece **ginger** (about 2 tablespoons, minced)
- 1 clove **garlic**
- ¼ cup **green onion**
- ¼ cup minced **Chinese parsley (cilantro)**
- 1 tablespoon **vegetable oil**
- ½ teaspoon **salt**
- 1 teaspoon **sesame oil**

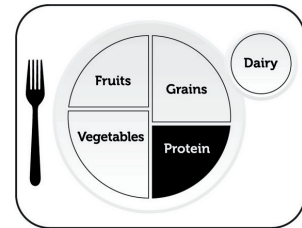
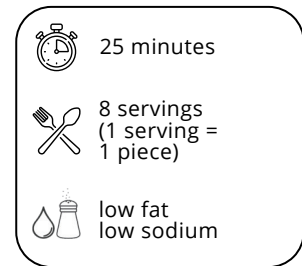
DIRECTIONS

Always practice food safety when cooking.

- 1) Drain tofu. Cut the block in half horizontally. Press out the water with clean paper towels until most of the liquid is absorbed.
- 2) Cut each half into 4 equal pieces for a total of 8 pieces.
- 3) Mince the ginger. Set aside.
- 4) Mince the garlic. Set aside.
- 5) Mince the green onions. Set aside.
- 6) Mince the parsley leaves and stems. Set aside.
- 7) Make the sauce by heating the vegetable oil and salt in a small pot on medium low heat, then add the minced ginger, garlic, green onions, and parsley. Stir for one minute, then remove from heat.
- 8) Optional: Add sesame oil to the sauce and mix.
- 9) Top tofu slices with a layer of the sauce.

NOTES

- Silken, medium, or firm tofu could be used.



Nutrition Facts	
8 servings per container	
Serving size	1 piece (57g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 6mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Adapted from Hawai'i Foods