

Nutty Tofu Crisp Over Asian Noodles

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Ingredients:

- ¼ cup rice or balsamic vinegar
- 1 tablespoon soy sauce
- 1 tablespoon natural peanut butter
- 1 clove garlic, minced
- 2 tablespoons green onions, minced
- 1 teaspoon Asian chili paste
- 1 tablespoon water
- 1 teaspoon sugar
- 16 ounces extra-firm tofu
- 2 tablespoons finely chopped peanuts
- 1 teaspoon peanut oil
- 4 ounces Japanese soba noodles

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Directions:

- Mix together the vinegar, soy sauce, peanut butter, garlic, onions, chili paste, water and sugar. Set aside. Cut the tofu in half horizontally, wrap in clean paper toweling or cloth towels and press with a plate or other heavy object for a half hour or more. Cut pressed tofu halves diagonally and place these quarters in the marinade for 15 minutes. Dip the marinated tofu into the chopped peanuts to coat one side of each quarter. Place peanut oil into a nonstick skillet that's also been sprayed with vegetable oil. Cook tofu peanut side down until golden brown (about 1½ minutes). Repeat with other sides. Meanwhile, cook noodles according to package directions and have marinade mixture heating (stove top or microwave). Divide the noodles into four equal portions, pour the marinade over the noodles and place one tofu crisp, peanut side up, on each serving.

Makes 4 servings. Per serving: 340 calories, 25 grams (g) of fat

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