Crispy Tofu Bowls

Preparation time 30 minutes

Makes 4 servings

Tofu

- 1 block of firm tofu (find in the refrigerated produce section)
- 1 tablespoon light olive oil
- 2 tablespoons corn starch
- 1/4 teaspoon salt

Sauce

- 3 tablespoons peanut butter
- 1 tablespoon hot water
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon honey, agave or sugar
- 2 tablespoons of lime juice (and zest from the lime)
- 1 garlic cloved, minced
- 2 tablespoons light olive oil
- 1/2 inch fresh ginger, grated (optional)

Bowls

- 2 cups cooked rice
- 4 cups thinly sliced veggies like bell pepper, cucumber, carrot, snow peas
- 1/4 cup cilantro leaves, coarsely chopped for garnish (optional)

Directions

1. Whisk together sauce ingredients in a small bowl and set aside
2. Dry tofu with a paper towel and slice into cubes or rectangles

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Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098

860-489-0931 chwctorr.org

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3. Mix corn starch and salt in a bowl and toss tofu until it is evenly covered.

4. Add oil to a hot pan (non-stick is best) and add the tofu pieces. Cook, turning once, until golden and crispy on both sides.
5. Divide rice, veggies and tofu among 4 bowls (or meal prep containers). Top with cilantro if using. Drizzle portions with 3 tablespoons of sauce each, just before serving.

Nutrition

- Calories 534, Carbs 32g, Added sugar 4g, Fiber 6g
- Protein 25g, Fat 31g, Sodium 437mg

Tip - use miso paste in place of soy sauce for nice addition of healthy probiotics. Add an extra tablespoon of water to keep the sauce a similar consistency.

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org

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