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Tofu With Peanut-Ginger Sauce

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Ingredients

- ❖ 5 tablespoon water
- ❖ 4 tablespoon peanut butter, natural, smooth
- ❖ 1 tablespoon vinegar, rice, or white vinegar
- ❖ 2 teaspoon soy sauce, reduced-sodium
- ❖ 2 teaspoon honey
- ❖ 2 teaspoon ginger, minced
- ❖ 2 clove(s) garlic, minced
- ❖ 14 ounce(s) tofu, extra-firm, preferably water-packed
- ❖ 2 teaspoon extra-virgin olive oil
- ❖ 4 cup(s) spinach, baby, (6 ounces)
- ❖ 1 1/2 cup(s) mushrooms, sliced, (4 ounces)
- ❖ 4 whole scallion(s) (green onions), sliced (1 cup)



Preparation

To prepare sauce:

1. Whisk water, peanut butter, rice vinegar (or white vinegar), soy sauce, honey, ginger and garlic in a small bowl.

To prepare tofu:

2. Drain and rinse tofu; pat dry. Slice the block crosswise into eight 1/2-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.

3. Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes.

4. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more.

5. Add spinach, mushrooms, scallions and the peanut sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more.