Leafy Tofu

Number of servings: 3
* 1 recipe will make 6-8 “taste” servings

Ingredients:
- ½ (20 ounces) container tofu
- 1 bunch spinach
- 1 tablespoons oil
- 1 tablespoons soy sauce
- ½ teaspoon toasted sesame seeds

Directions:
1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:
May use other dark green leafy vegetables.
May use frozen spinach instead of fresh spinach.

Equipment
- Electric skillet or hot plate and wok
- Knife
- Cutting board
- Measuring spoons
- Colander
- Plates and forks

* Always practice safe food handling techniques. Refer to Food Safety section.