

# Tofu with Peanut Ginger Sauce & Spinach over Rice Noodles

**Servings: 6**

## **Ingredients**

- 1 large onion
- 8 c. fresh spinach
- 8 oz. fresh mushrooms (sliced)
- 16 oz. of medium firm tofu
- 3 Tbl. of maple syrup divided
- 1 Tbl. canola oil
- 3 Tbl. Tamari (divided)
- 3 Tbl. water
- 4 Tbl. peanut butter
- 2 Tbl Rice Vinegar
- 1 Tbl minced Ginger
- 1 Tbl. minced Garlic
- ½ Tbl. Rooster Sauce (hot chili sauce)

## **Directions:**

1. Start water in a large pot for the rice noodles.
2. Cut tofu into 1-inch cubes.
3. Add oil and 1 Tbl. each of maple syrup and Tamari to large sauté pan over medium heat, and start “browning” tofu on each side, turning as needed.
4. In another saucepan, sauté onions and mushroom over medium for 5- to 6-minutes.
  - a. Add water, peanut butter, rice vinegar, 2 Tbl each of Tamari and maple syrup, the ginger, garlic and hot chili sauce.
  - b. Continue cooking 2- to 3-minutes, then
  - c. Add spinach and cover; reduce heat to low.
5. Once everything else is ready, add rice noodles to boiling water, and cook for only 2-minutes. Remove from heat and drain. Serve immediately.

**Nutrition:** (Serving size: 1/6<sup>th</sup> Recipe; ~ ¾ c. noodles, ½ c. sauce, and 1/6<sup>th</sup> of the tofu)  
calories: 466      protein: 16.6g      total carbohydrate: 74.3g      total fat: 11.9g  
sugars: 9.9g      sodium: 811mg      dietary fiber: 4.6g      saturated fat: 1.7g