

This easy summer dish has simple ingredients and can be served with local produce. I served the Satay Tofu with rice, red pepper slices, avocado, plus sugar snap peas and kale from the Needham Farmers Market. I dressed the simple kale salad with olive oil, lemon juice, and a touch of salt.

Satay Tofu
Nutrition Action Health Letter
Serves 3



- 1 Tbs. rice vinegar or cider vinegar
- 2 Tbs. sodium-reduced soy sauce
- 1/2 cup hot water
- 1 Tbs. Brown sugar (I leave this out)
- 3 Tbs. peanut butter
- 2 tsp. canola oil
- 14 oz. extra-firm tofu, cut lengthwise into 6 slices
- 2 cloves garlic, minced
- crushed red pepper to taste
- Optional garnish: 2 thinly sliced scallions; 1 shredded carrot

Whisk together vinegar, soy sauce, water, sugar (if using) and peanut butter. Set aside.

Sauté the tofu slices in canola oil until golden brown, about 3-5 minutes. Flip the tofu. Add the garlic and crushed red pepper and sauté 1 minute more. Add peanut butter mixture and heat until bubbling.

Garnish with scallions and shredded carrot, if desired. Good with salad, rice, raw veggies.

Tip: Ordinarily, my sautéed tofu never gets "golden brown" but the dish still tastes good. If you want to get better browning, try this: Remove excess moisture from extra firm tofu by placing tofu slices between layers of a clean towel. Cover the towel with a cutting board and place a heavy pan or heavy cans on top and leave the tofu for 10-30 minutes.