



# Tofu and Broccoli Takeout

Servings 4 | Prep time 30 mins | Total time 1 hour 5 mins.

**Equipment:** Cutting board, Paper towels, Frying pan, Aluminum foil, Baking sheet, Plate  
**Utensils:** Knife, Stirring spoon, Measuring cups and spoons

## Ingredients

1 pound (firm or extra firm) tofu  
1 head broccoli, chopped into small pieces  
4 teaspoons olive oil OR vegetable oil, divided  
2 cloves garlic (peeled and minced) OR 2  
teaspoons garlic powder  
1 large onion, chopped  
1/4 cup water  
1 tablespoon lite soy sauce  
1/2 teaspoon crushed red pepper flakes  
2 cups brown rice, cooked

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Pre heat oven to 400 degrees. Put the tofu on a cutting board and cut it in half and then cut each half into 4 equal pieces (8 pieces total).
3. Put 2 layers of paper towels on a cutting board and put the tofu on top. Wrap edges of paper towel over tofu, and place something heavy like a frying pan on top. Place into refrigerator and let drain for at least 30 minutes.
4. Put aluminum foil on a baking sheet, add broccoli and sprinkle with 1/2 teaspoon oil. Toss to coat. Roast in oven for 15 minutes.
5. In a frying pan over medium heat, warm 1 ½ teaspoons of oil. When oil is hot, add the tofu, one piece at a time, cooking until golden, about 3 minutes per side. Remove the tofu to a plate and set aside.
6. Add remaining 2 teaspoons oil to empty frying pan over medium heat. Add garlic and onion and cook just until golden, about 5 minutes or onions are see-through. Add the broccoli, soy sauce, and water. Mix thoroughly. Cook for 1-2 minutes until sauce has thickened. Gently toss in the cooked tofu and turn off the heat.
7. Sprinkle with red pepper flakes. Serve with 1/2 cup brown rice per serving.

## Nutritional Information:

Calories 320  
Total Fat 11g  
Sodium 600mg  
Total Carbs 44g  
Protein 18g