



Polenta and Tofu Skillet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 bok choy
- 0.5 tablespoon balsamic vinegar
- 0.5 teaspoon basil
- 4 servings pepper black freshly ground to taste
- 18 ounce precooked polenta tube prepared
- 14 ounces tofu firm
- 2 teaspoons garlic minced
- 2 tablespoons soy sauce low sodium

- 0.5 teaspoon oregano
- 5 sun-dried olives (packed in oil)
- 0.3 cup vegetable stock
- 1 tablespoon water

Equipment

- bowl
- frying pan

Directions

- Put the sundried tomatoes in a bowl and pour boiling water over them to cover. Set aside until soft. When they're soft, drain the water and cut each tomato into 1/4-inch slices.
- Mix the soy sauce, water, garlic, and balsamic vinegar together.
- Cut the tofu in half lengthwise, and slice each half into 1/2-inch rectangles.
- Put the tofu into a ziplock bag, pour the marinade over it, and turn gently to coat.
- Let it marinate while you prepare the bok choy and polenta.
- Cut off the end of each head of bok choy so that the stalks are separated and wash them well to remove all dirt and grit. Slice the stalks and leaves into 1/4 to 1/2-inch thick slices. Set aside until needed.
- Cut the polenta into 1/2-inch slices and cut each slice into 4 wedges.
- Heat a non-stick skillet (lightly sprayed with olive oil, if you're worried about sticking); once it is hot, add the polenta in a single layer. Cook until lightly browned on one side, and then turn over and brown the other side.
- Remove from the pan and set aside. Keep the skillet hot. Lift the tofu out of the marinade and place it in the hot skillet. Cook until just beginning to brown and then turn it over.
- Put the bok choy on top of the tofu and pour the vegetable broth, oregano, basil, and reserved marinade over the greens. Cover tightly and steam until the greens begin to wilt. Stir in the sundried tomatoes and polenta and cook, covered, just long enough for the stalks to get tender-crisp, about 1-2 minutes.
- Add freshly ground black pepper to taste, and serve with additional balsamic vinegar at the table.

Nutrition Facts

PROTEIN 31.49% FAT 17.52% CARBS 50.99%

Properties

Glycemic Index:69.25, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:49.5865219365%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 45.47mg, Kaempferol: 45.47mg, Kaempferol: 45.47mg, Kaempferol: 45.47mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 21.66mg, Quercetin: 21.66mg, Quercetin: 21.66mg

Nutrients (% of daily need)

Calories: 311.77kcal (15.59%), Fat: 6.83g (10.5%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 32.49g (11.82%), Sugar: 14.24g (15.83%), Cholesterol: 0mg (0%), Sodium: 1039.43mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.21%), Vitamin A: 47012.28IU (940.25%), Vitamin C: 473.96mg (574.49%), Vitamin K: 480.62µg (457.73%), Folate: 700.16µg (175.04%), Calcium: 1243.33mg (124.33%), Vitamin B6: 2.11mg (105.32%), Manganese: 1.83mg (91.28%), Potassium: 2799.47mg (79.98%), Iron: 10.27mg (57.07%), Magnesium: 217.76mg (54.44%), Fiber: 12.2g (48.81%), Vitamin B2: 0.78mg (45.72%), Phosphorus: 427.92mg (42.79%), Vitamin B1: 0.46mg (30.78%), Vitamin B3: 5.81mg (29.07%), Zinc: 2.22mg (14.83%), Copper: 0.29mg (14.57%), Selenium: 9.1µg (13%), Vitamin B5: 1.11mg (11.14%), Vitamin E: 1.05mg (7.01%)