



Tofu and Vegetables with Lower-Fat Thai Peanut Sauce

 Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon agave nectar
- 12 basil to taste (or)
- 1 pound broccoli
- 2 carrots
- 1 teaspoons chili sauce (with less and add more as needed)
- 0.1 teaspoon lite coconut milk (or use lite coconut milk instead of soymilk & extract)
- 4 tablespoons creamy peanut butter

- 14 ounces tofu
- 1 teaspoon juice of lime
- 1 tablespoon soya sauce
- 0.3 cup non-dairy milk (or other non-dairy milk)
- 0.5 cup vegetable stock
- 2 medium zucchini

Equipment

- baking sheet
- sauce pan
- oven
- whisk

Directions

- Cut the tofu into about 8 slices; then cut each slice into 4 triangles.
- Combine about 1 tablespoon soy sauce with 1 tablespoon vegetable broth, dip the tofu in it, coating all sides with marinade, and allow to soak while you preheat the oven to 400F. When the oven is hot, put the tofu triangles onto a non-stick baking sheet or silicone mat and bake for 15 minutes; turn the tofu over and bake for another 15 minutes.
- Remove from oven. While the tofu is baking, prepare the vegetables and sauce. Slice the carrots on the diagonal, halve the zucchini lengthwise and cut into half-moons. Chop the broccoli into medium-sized florets. (Other vegetables may be used; aim for about 2-3 pounds total.)
- Place the vegetables into a large steamer and steam until tender-crisp. (Actually, stop just a little before you think they're done; they will continue to cook in the residual heat.) During the last minute of steaming, toss the basil leaves on top of the vegetables and steam just long enough to wilt. To make the sauce, heat the peanut butter in a small saucepan over medium heat.
- Whisk in 1/2 cup vegetable broth.
- Add the soymilk, coconut extract, soy sauce, chili sauce, and agave nectar, and heat until bubbly. If the mixture seems too thick, add a little more vegetable broth.

Add the lime juice just before removing from the heat and serving. To assemble, place 1/4 of the vegetables on each plate. Top with 1/4 of the tofu and drizzle with 1/4 of the sauce.

Garnish with fresh Thai basil if desired.

Nutrition Facts

PROTEIN 24.51% **FAT 41.76%** **CARBS 33.73%**

Properties

Glycemic Index:75.31, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:27.63173904108%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 8.96mg, Kaempferol: 8.96mg, Kaempferol: 8.96mg, Kaempferol: 8.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 275.54kcal (13.78%), Fat: 13.69g (21.07%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 18.38g (6.68%), Sugar: 12.26g (13.62%), Cholesterol: 0mg (0%), Sodium: 532.32mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.17%), Vitamin C: 123.24mg (149.38%), Vitamin K: 130.19µg (123.99%), Vitamin A: 6190.76IU (123.82%), Manganese: 0.73mg (36.32%), Folate: 122.67µg (30.67%), Vitamin B6: 0.53mg (26.57%), Fiber: 6.5g (26.02%), Potassium: 842.13mg (24.06%), Calcium: 235.06mg (23.51%), Vitamin B3: 4.33mg (21.63%), Vitamin E: 3.12mg (20.8%), Vitamin B2: 0.32mg (18.82%), Magnesium: 75.02mg (18.76%), Phosphorus: 184.4mg (18.44%), Iron: 2.98mg (16.57%), Vitamin B1: 0.19mg (12.46%), Vitamin B5: 1.12mg (11.24%), Copper: 0.22mg (10.99%), Zinc: 1.33mg (8.84%), Selenium: 4.2µg (6%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.18µg (1.18%)