

# HONEY MUSTARD FRIED TOFU

## INGREDIENTS

- 2 tablespoons olive oil*
- 2 tablespoons honey*
- 2 teaspoons Dijon mustard*
- 2 teaspoons turmeric*
- 2 teaspoons cumin*
- 1 block firm tofu (16 oz), unseasoned*
- 1 teaspoon olive oil*
- 2 cups broccoli, cut in florets*
- 1 cup red peppers, cut into thin strips*
- 2 tablespoons water*
- 2 tablespoons white vinegar*
- 5 oz rice noodles*

## PREPARATION

- 1 Drain tofu, press a paper towel on it to remove liquid, and cut in cubes.
- 2 In a medium-sized bowl or sealable plastic bag, mix the ingredients for the marinade: olive oil, honey, mustard, turmeric, and cumin. Add the tofu and refrigerate for a minimum of 6 hours or overnight.
- 3 In a non-stick frying pan, heat 1 teaspoon of olive oil over medium heat. Take the tofu out of the marinade. Set the marinade aside. Fry the tofu for 2 minutes on each side.
- 4 Transfer the browned tofu to a plate, brush the remaining marinade on the tofu and keep warm.
- 5 Keeping the heat on, add the broccoli, peppers, water, and vinegar to the frying pan. Stir-fry the vegetables for three minutes or until the liquid has almost disappeared and the vegetables are cooked but still crunchy. Transfer to a plate and keep warm.
- 6 Prepare the noodles following the instructions on the package.
- 7 Toss the noodles and vegetable mixture and serve the tofu on the side or on top, enjoy!

*Note: Marinades are the key to making tofu tasty. The longer you marinate the more flavor will be absorbed. You can marinate more than 6 hours without a problem but you can also marinate for just 15 minutes if in a rush. Unlike other marinades for meat, fish, or poultry that need to be discarded after use, there is no danger in using leftover marinade as a sauce when using tofu.*



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## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
1 Protein + 2 ½ Starch	
+ 2 Lower-Potassium Vegetable	
+ 1 Fat	
Calories	<b>341 Kcal</b>
Protein	<b>12 g</b>
Total Carbohydrate	<b>48 g</b>
Fiber	<b>3 g</b>
Sugars	<b>12 g</b>
Fat	<b>12 g</b>
Saturated	<b>2 g</b>
Cholesterol	<b>0 mg</b>
Sodium	<b>155 mg</b>
Potassium	<b>483 mg</b>
Phosphorus	<b>209 mg</b>
Calcium	<b>81 mg</b>

## Diet Types

- ✓ CKD Non-Dialysis    ✓ Dialysis/Diabetes
- ✓ Dialysis                ✓ Transplant

## NUTRITION CHECK ✓

### Tofu — a great source of plant-based protein

For those with chronic kidney disease (CKD), it is important to follow a diet that is both kidney-friendly and heart-healthy. Eating more plant-based protein can help protect the kidneys while also promoting heart health. A lower-protein diet is typically recommended for earlier stage CKD to decrease the workload on the kidneys. Adding plant-based proteins, such as tofu, to your diet is a good way to lower protein intake. These foods can provide a satisfying amount of food at a much lower protein content than animal type proteins.

Tofu is made from soybeans. At the market you will find several varieties sorted by firmness – silken, firm, extra-firm, and super-firm. Silken is the softest tofu with a custard like thickness. It can be used to make sauces and as an egg substitute. Firm tofu is pressed into a block and has the same consistency as feta cheese. It can be cubed and added to a stir-fry, rice bowl, soup, salad, or threaded on skewers with vegetables to make a kebab. Tofu has the ability to absorb the flavor of whatever it is prepared with, so it is very easy to use as a meat substitute in your current recipes. A four-ounce portion of firm tofu (approximately ¼ block) contains only 166 milligrams of potassium and thus can be used as a good source of protein on a lower-potassium diet. Ask your registered dietitian nutritionist how much plant-based protein is right for you.

Presented by



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