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 marinade the more flavor will be absorbed. You can marinade more than 6 hours without a problem but you can also marinade 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.
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.