

# SESAME NOODLES WITH VEGGIES AND TOFU

—————MAINS—————

## INGREDIENTS

### Noodles and Veggies:

- 8 ounces whole wheat spaghetti (1/2 box)
- 2 large carrots, peeled and then shredded with a grater or sliced into ribbons with a vegetable peeler
- 2 1/2 cups thinly sliced red cabbage (about 1/4 of a medium cabbage)
- 1 sweet bell pepper, sliced into very thin strips
- 1/2 cup fresh cilantro, chopped
- 1/2 cup dry roasted, unsalted peanuts, chopped
- 3 tablespoons sesame seeds
- 1 bunch green onions, chopped

### Tofu:

- 1 14-oz package extra-firm tofu, pressed
- 1 teaspoon olive oil
- 1 teaspoon sesame oil
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Sauce:

- 2 tablespoons sesame oil
- 1/4 cup peanut butter
- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons lime juice (about 1 medium lime)
- 1 tablespoon brown sugar
- 1 teaspoon fresh ginger, grated or minced
- 2 cloves garlic minced
- 1/2 teaspoon red pepper flakes (optional)
- 3 tablespoons hot water

## DIRECTIONS

1. Preheat oven to 375 degrees F. Wrap the tofu in a few paper towels and set on a plate. Set something heavy on top such as a cast iron skillet to press out the extra moisture in the tofu for 10-15 minutes.
2. In a medium bowl, whisk together olive oil, sesame oil, garlic powder and a pinch of salt and pepper.
3. Unwrap the tofu and cut into about 3/4-inch cubes. Add to the bowl and toss gently until tofu is coated with the seasoning.
4. Transfer tofu to a baking sheet and place in the oven for 30 minutes. Flip tofu halfway through baking time.
5. While tofu is cooking, cook whole wheat noodles according to the package directions. Once the noodles are done cooking, drain them in a colander and rinse them well under cool water. Transfer the drained noodles to a large serving bowl and set aside.
6. In another bowl, combine the sauce ingredients. Whisk until blended. Set aside.
7. Toss the noodles with the sauce. Add the carrots, peppers, cabbage, cilantro, peanuts, sesame seeds, and green onions. Use tongs to toss until the mixture is fully combined.
8. Serve cold or at room temperature. This salad is best consumed within a couple of days, but it will keep for up to 5 days.

## VARIATIONS & TIPS

- You could replace the whole wheat noodles with brown rice noodles or soba noodles.
- You could also add snow peas, edamame or chopped asparagus.
- If you do not have tofu, this recipe would still work well without it.
- If you have the time to press the tofu longer, it will make the tofu crispier.

## NUTRITION FACTS

514 calories; 25 g fat (3.9 g saturated); 21.4 g protein; 58.5g carbohydrates; 12.4g fiber; 550 mg sodium

**YIELD:** 6 servings

**TOTAL COST:** \$11.04

**COST PER SERVING:** \$1.84

**SOURCE:** Adapted from Cookie and Kate and Food Network

