

KUNG PAO TOFU



YIELD 4 SERVINGS

Serving Size: 1 1/2 cups

NUTRITION FACTS PER SERVING

Calories:	326	Cholesterol:	110 mg
Carbs:	23 g	Protein:	15 g
Fiber:	4 g	Sodium:	551 mg
Fat:	23 g	Potassium:	341 mg
Saturated Fat:	3 g		

INGREDIENTS

- 1 14- oz pkg extra-firm tofu
- 3 tbsp reduced-sodium tamari or soy sauce, divided
- 1 tbsp cornstarch + 2 tsp, divided
- 2 tbsp water
- 1 tbsp Shaoxing wine or dry sherry
- 1 tbsp rice vinegar
- 2 tbsp toasted sesame oil
- 1 tsp molasses or sugar
- 3 tbsp peanut or canola oil, divided
- 1/2 tsp crushed red pepper
- 1 scallion, cut into 1-in. pieces
- 2 large cloves garlic, minced
- 2 tsp minced fresh ginger
- 1 large red bell pepper, chopped (about 2 cups)
- 1 large green bell pepper, chopped (about 2 cups)
- 3/4 cup yellow onion, chopped
- 3/4 cup celery, chopped
- 1/4 cup unsalted peanuts

DIRECTIONS

1. Pat tofu dry and cut into 3/4-inch cubes. Gently pat dry again. Toss the tofu with 1 tablespoon each tamari (or soy sauce) and cornstarch in a medium bowl. Set aside.
2. Whisk water, the remaining 2 tablespoons tamari (or soy sauce), Shaoxing (or sherry), rice vinegar, sesame oil, molasses (or sugar) and the remaining 2 teaspoons cornstarch in a small bowl. Place next to the stove.
3. Heat 1 1/2 tablespoons peanut (or canola) oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the tofu in a single layer; cook, undisturbed, until golden brown on one side, about 1 minute. Stir and continue cooking until all sides of the tofu are golden brown, about 3 minutes more. Transfer the tofu to a bowl.
4. Add the remaining 1 1/2 tablespoons peanut (or canola) oil to the pan. Add chiles (or crushed red pepper), scallion, garlic and ginger; cook for 10 seconds. Add red bell pepper, green bell pepper, onion, celery and peanuts; cook, stirring occasionally, until the vegetables are tender, about 4 minutes. Stir the sauce and add it to the pan along with the tofu. Cook, stirring, until the sauce thickens and the tofu and vegetables are coated with sauce, about 1 minute.



Jefferson County
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