



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Sautéed Tofu and Broccoli

Prep time: 25 minutes

Cook time: 25 minutes

Makes: 25 or 50 Servings

Tofu takes on a savory and sweet blend of flavors in this Asian-inspired recipe.



| Ingredients | 25 Servings | | 50 Servings | |
|--|-------------|----------------------|-------------|----------------------|
| | Weight | Measure | Weight | Measure |
| Water | 32 fl oz | 1 qt | 64 fl oz | 2 qts |
| Spaghetti noodles, whole-wheat, dry (uncooked) | 12 1/2 oz | | 1 lb 9 oz | |
| Tofu, firm, drained, cubed 1/2" | 5 lbs 4 oz | | 10 lbs 8 oz | |
| Soy sauce, low-sodium | | 1 cup | | 2 cups |
| Sesame Oil | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp |
| Brown sugar, packed | | 1/4 cup | | 1/2 cup |
| Garlic, fresh, minced OR garlic, jar, minced | | 16 cloves OR 2 Tbsps | | 32 cloves OR 1/4 cup |
| Ginger root, shredded | | 1/4 cup | | 1/2 cup |
| Red Pepper Flakes | | 1/2 tsp | | 1 tsp |
| Canola oil | | 2 Tbsp 2 tsp | | 1/3 cup |
| Broccoli, fresh, chopped | 2 lbs 1 oz | 1 gallon | 4 lb 2 oz | 2 gallons |
| Sesame Seeds | | 2 Tbsp 1/4 tsp | | 1/4 cup 1/2 tsp |

Directions

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
3. Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out some of the liquid from the tofu. Cut tofu into 1/2" cubes.
4. Make sauce: In a medium bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
5. Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu several times to coat well. Set aside. 1 clove is about 1/2 teaspoon minced.
6. Heat canola oil in nonstick skillet(s): For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
7. Add broccoli and sauté for about 5 minutes, or until broccoli turns bright green and becomes tender and crispy. Note: Large broccoli pieces may be a choking hazard, for younger children, chop broccoli into smaller pieces.

8. Remove broccoli from the pan and set aside.
9. Place tofu and sauce in skillet on medium-high heat and cook for 10 minutes on each side or until browned, turn gently.
10. Gently stir in broccoli and continue cooking. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds
11. Remove from heat, add sesame seeds and gently stir.
12. Serve 1 cup (8 oz ladle). Critical Control Point: Hold for hot service 140 °F or higher.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/saut-ed-tofu-and-broccoli>.

My Notes

Source: Team Nutrition: Adapted from http://www.nhlbi.nih.gov/files/docs/public/heart/Dinners_Cookbook_508-compliant.pdf.

Nutrition Information

| Nutrients | Amount | Meal Components |
|-----------------------|--------|------------------------------------|
| Calories | 190 | Vegetables 1/4 cup |
| Total Fat | 7 g | Dark Green 1/4 cup |
| Saturated Fat | 1 g | Grains 1/2 ounce |
| Cholesterol | N/A | Meat / Meat Alternate 1 1/2 ounces |
| Sodium | 328 mg | |
| Total Carbohydrate | 20 g | |
| Dietary Fiber | 4 g | |
| Total Sugars | N/A | |
| Added Sugars included | N/A | |
| Protein | 15 g | |
| Vitamin D | N/A | |
| Calcium | 175 mg | |
| Iron | 3 mg | |
| Potassium | N/A | |

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available