

Tofu Puttanesca Sauté

BY HARVARD SCHOOL DISTRICT

- $\frac{2}{3}$ cup olive oil, more if needed
- 15 pounds organic tofu, cut into $\frac{1}{2}$ -inch cubes
- $6\frac{1}{3}$ pounds onions, rough chopped
- $6\frac{1}{4}$ pounds green and red peppers, cut into $\frac{1}{2}$ -inch strips
- $6\frac{1}{4}$ pounds zucchini or summer squash, diced
- $\frac{1}{4}$ cup minced garlic
- 8 cups diced tomatoes
- $\frac{2}{3}$ cup capers
- 1 cup minced flat-leaf parsley ($\frac{1}{2}$ large bunch)
- 2 cups minced basil (1 large bunch)
- $\frac{1}{2}$ tablespoon salt
- $\frac{3}{4}$ teaspoon pepper
- $15\frac{2}{3}$ cups dry brown rice for recipe 3.5 Rena's Brown Rice ($6\frac{1}{4}$ pounds dry or 50 cups cooked)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: $\frac{1}{2}$ CUP RICE, $\frac{3}{4}$ CUP TOFU MIXTURE

In a large tilt skillet, sauté the tofu in olive oil until slightly browned. Remove from skillet, using a wide metal spatula.

Add more oil to the skillet if needed, and fry onions, peppers, and squash until just soft.

Add garlic, tomatoes, and capers, and heat through.

Add cooked tofu, parsley, and basil. Adjust seasonings. Toss and serve.

NUTRITIONAL INFORMATION

CALORIES: 197; SODIUM: 107.11 MG; SATURATED FAT: 4.51%

USDA REQUIREMENTS MET

- 1 OUNCE M/MA
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- $\frac{3}{8}$ CUP TOTAL VEGETABLES
($\frac{1}{3}$ CUP RED OR ORANGE VEGETABLE, $\frac{1}{8}$ CUP OTHER VEGETABLE)