



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Orange-Glazed Tofu

Adapted from *101 Cookbooks*

- 1 cup orange juice
- 1 nob of fresh ginger (a bit smaller than the size of your thumb), peeled and grated
- 1 tbsp soy sauce
- 1½ tbsp mirin (a sweet Japanese rice wine)
- 2 tsp maple syrup
- ½ tsp ground coriander
- 2 small garlic cloves, minced
- 1 block (package) of tofu (about 14 ounces)
- 2 tbsp olive oil

Instructions:

Place the orange juice and ginger in a small bowl. (You can grate the ginger by using a microplane or cheese grater.) Add the soy sauce, mirin (or mirin substitute, see the note), maple syrup, coriander, and garlic to the bowl; mix all ingredients and set aside.

Cut the block of tofu into 4 rectangles and then cut each rectangle on the diagonal so you have 8 triangles; pat dry with a paper towel. Place olive oil in a large sauté pan on medium-high heat. Add the tofu and fry until it's golden on its underside. Flip each piece of tofu and cook until the other side is golden.

Add the orange mixture to the pan with the tofu and cook until the liquid has reduced to a thick sauce. Spoon the sauce over the tofu and serve.

Yield: 4

Note:

-Mirin can be found in certain grocery stores or Asian markets. If you can't find mirin, substitute sweet marsala wine or add a very small amount of sugar to sherry, sake, or white wine.



NUTRITION INFORMATION PER SERVING:

CALORIES: 220 calories	PROTEIN: 12 g	SODIUM: 280 mg
	CARBOHYDRATE: 15 g	FIBER: 2 g
	FAT: 14 g	Sat Fat: 1 g

MAKE IT A MEAL:

Entrée: 1 serving orange-glazed tofu

Starch: 2/3 cup cooked brown rice (145 calories) topped with ~¼ chopped cilantro and 2 tbsp cashews (100 calories)

Vegetable: 2 cups mixed greens with a squeeze of lemon juice and ½ tbsp olive oil (60 calories)

GROCERY SHOPPING LIST

- Orange juice
- Fresh ginger
- Garlic
- Mixed greens
- Lemon
- Cilantro
- Tofu
- Cashews
- Brown rice

Condiments: olive oil; soy sauce; mirin; maple syrup; ground coriander

Leftovers: Place leftover tofu strips in a pita with cilantro, lettuce, avocado, and tomato slices.