



Sautéed Tofu and Broccoli

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

CACFP CREDITING INFORMATION

1 cup (8 oz ladle) provides 1 ½ oz equivalent meat alternate, ¼ cup vegetable, and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	32 fl oz	1 qt	64 fl oz	2 qt	<ol style="list-style-type: none"> Heat water to a rolling boil. 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. 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 ½" cubes. Make sauce: In a medium bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
Spaghetti noodles, whole-wheat, uncooked	12½ oz		1 lb 9 oz		
Tofu, firm, drained, cubed ½"	5 lb 4 oz		10 lb 8 oz		
Soy sauce, low-sodium		1 cup		2 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sesame oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Brown sugar, packed		¼ cup		½ cup	
*Garlic, fresh, minced		16 cloves OR 2 Tbsp		32 cloves OR ¼ cup	5 Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu several times to coat well. Set aside.
Ginger root, shredded		¼ cup		½ cup	
Red pepper flakes		½ tsp		1 tsp	
Canola oil		2 Tbsp 2 tsp		⅓ cup	6 Heat canola oil in nonstick skillet(s): For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
Broccoli, fresh, chopped	2 lb 1 oz	1 gal	4 lb 2 oz	2 gal	7 Add broccoli and sauté for about 5 minutes, or until broccoli turns bright green and becomes tender.
					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.
Sesame seeds		2 Tbsp ¼ tsp		¼ cup ½ tsp	11 Remove from heat, add sesame seeds, and gently stir.
					12 Serve 1 cup (8 oz ladle). Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For 1 cup (8 oz ladle).

NUTRIENTS	AMOUNT
Calories	190
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Total Fat	7 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	328 mg
Total Carbohydrate	20 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	N/A
Calcium	175 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb 9 oz	5 lb 2 oz
Garlic	16 cloves	32 cloves

NOTES

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

1 clove is about ½ teaspoon minced.

Note: Large broccoli pieces may be a choking hazard for younger children. Chop broccoli into smaller pieces.

YIELD/VOLUME

25 Servings	50 Servings
8 lb 14 oz 1 gal 2 qt 1 cup	17 lb 12 oz 3 gal 2 cup