

Udon with Tofu & Asian Greens

Total: 17 min. Active: 7 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 430. Total Fat: 19g. Carbs: 51g. Protein: 18g.

Ingredients

- 1 (8 oz package) udon, or other whole-wheat Asian noodle
- 4 tbsp roasted peanut oil, or 3 tbsp sesame oil & 1 tbsp vegetable oil
- 1 (12 oz package) firm tofu, cut into 12 pieces
- 11 oz Asian cooking greens, or baby spinach
- 1 scallion, thinly sliced diagonally
- pinch of red pepper flakes
- 3 tbsp soy sauce
- pinch of sugar

Directions

Cook the udon as the label directs. (Don't overcook or the noodles will get mushy.) Drain, reserving about 1/3 cup of the cooking water.

Meanwhile, heat 2 tablespoons oil in a medium skillet over medium heat. Pat the tofu dry and season all over with salt and pepper. Add the tofu to the skillet and sear until golden brown, about 2 minutes per side. Set aside and keep warm.

Add 1 tablespoon oil and the greens to the skillet. Cook, tossing, until just wilted. Add the scallions, red pepper flakes, the remaining 1 tablespoon oil, the soy sauce and sugar. Add the reserved cooking water; heat to create a broth. Divide the udon, greens and broth among 4 bowls and top with the tofu.

