

Roasted Tofu & Peppers



Food Category: Entrée

Protein: Vegetarian

Portion Size: 6 oz

Number of Servings: 165

Calories per Serving: 150

Diet Selections: Wellness; Children's; Renal; Diabetic; Cardiac; Mild; Soft; High Calorie/Protein; Low Fiber; Vegetarian; Pescetarian; No Fish; No Red Meat; Low Lactose; No Nuts

Ingredients:

50 lb firm tofu, 1 inch dice
30 lb red peppers, julienne
1 cup olive oil
1 cup soy sauce
1/4 cup sesame oil
3/4 cup kosher salt
1/4 cup black pepper
1/2 cup dried thyme
1/2 cup dried oregano
1 cup chopped garlic
1 cup chopped ginger
3 cups chopped cilantro
3 cups sliced scallion

Instructions:

1. Cut tofu and peppers.
2. Combine oils, soy sauce, seasoning, garlic and ginger.
3. Dress tofu and peppers in oil mixture. Spread out in a single layer on sheet trays and bake at 425 degrees for 12 minutes or until tofu has golden edges and peppers are soft.
4. Remove from the oven and chill to below 41 degrees.
5. Toss with cilantro and scallions.

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Nutrition Facts	
165 servings per container	
Serving size	6oz
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 531mg	40%
Iron 8mg	45%
Potassium 197mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	