

Tofu and Miki Noodles

Makes 4 servings of approx 8 oz each

Ingredients

8 oz Miki noodles

8 oz extra firm tofu, cooked

2 cups assorted vegetables of choice (broccoli, carrots, water chestnuts, etc.)

1 tbsp sesame oil

Optional Sauces: Hoisin sauce, plum sauce, sweet chili sauce, imperial sauce.

Method

1. Sauté tofu and vegetables in oil.
2. Add noodles, 2 cups water, desired sauces/seasonings and allow to simmer for a few minutes.
3. Remove and serve hot.

Nutrition Facts			
Serving Size 1 cup (231g)			
Servings Per Container			
Amount Per Serving			
Calories 240		Calories from Fat 80	
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			% Daily Value*
Total Fat 9g			14%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 60mg			3%
Total Carbohydrate 31g			10%
Dietary Fiber 5g			20%
Sugars 1g			
Protein 12g			
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Vitamin A 10%	•	Vitamin C 25%	
Calcium 10%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
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Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			