

Tofu Steak with Grated Daikon Radish Sauce

Serving Size: 1/6th of recipe

Serves: 6

Ingredients

3- 12oz. blocks firm tofu, drained (as directed below)

Sauce

¼ cup sake

¼ cup low sodium soy sauce

1½ tablespoons sugar

1 tablespoon rice vinegar

¼ cup fresh orange juice

2 tablespoons fresh lemon juice

1 clove garlic, minced

⅛ teaspoon crushed red pepper or to taste

½ cup daikon radish, grated

2 tablespoons olive oil

¼ cup flour or rice flour for dusting

1 cup white mushrooms, sliced

4 green onions, chopped

Directions

Drain the excess water from the tofu. First layer paper towels on a cutting board. Place the tofu blocks on the paper towels. Add another layer of paper towels on top. Place another cutting board on top of the paper towels covering the tofu. Add a weight to press the water from the tofu. Use any large can food for a weight. Allow at least 15 minutes to drain the tofu. Change the paper towels if necessary to continue absorbing the water. After draining, gently slice each tofu block lengthwise into thin rectangles, about ½" thick.

In a small mixing bowl, whisk together the sauce ingredients and set aside. Finely grate the daikon radish and drain any excess juice. Set the grated, drained radish aside in the refrigerator. Heat the oil in a nonstick pan over medium heat. Lightly dust the tofu with flour. Sauté the tofu in the oil until lightly browned, about 1-2 minutes each side. Reserve the tofu warm on a serving plate. In the same pan, lower the heat and sauté the mushrooms until tender. Add a little oil if needed. Return the tofu to the pan and add the sauce. Bring the sauce and tofu to serving temperature. Place the tofu steaks and mushrooms on a serving dish. Top with grated daikon radish. Pour the sauce over the steaks and garnish with chopped green onion.

Exchanges per serving:

3 Lean Meats, 1 Starch, 1 Fat

Nutrients per serving:

Calories: 304

Calories from fat: 152

Total Fat: 18 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 376 mg

Carbohydrate: 16 g

Dietary Fiber: 2 g

Protein: 25 g