

Lunch | Dinner

Sweet and Sour Tofu

Side Effect: Altered Taste

5 Mins
Prep Time

7-10 Mins
Cook Time

4
Servings

 **248** Calories **12g** Fat **26g** Carbs **10g** Protein



Ingredients

 **4 Servings**  **15-20 Mins Total Time**  **Allergens: Soy, Gluten**

2 Tbsp Extra Virgin Olive Oil

1 Package (14 Oz) Extra-Firm Tofu, **drained** and cut into  1-inch cubes

½ Cup No Sugar-Added Ketchup

¼ Cup Low-Sodium Soy Sauce 

¼ Cup **Pasteurized** Honey

3 Tbsp Seasoned Rice Vinegar

¼ Tsp Red Pepper Flakes

Suggested Sides: white rice and steamed carrots or broccoli

Allergen Swap

Soy Tofu is a soy-based protein source. There is no substitute for tofu in this dish. Replace soy sauce with coconut aminos or liquid aminos.

Gluten Replace regular soy sauce for a gluten-free version.

Nourishment Note



Tofu

Animal protein sources, such as red meat, can have a metallic or bitter flavor. Mild protein sources, such as tofu, typically have a more enjoyable flavor profile and are better tolerated in patients experiencing taste changes.



Low-Sodium Soy Sauce

For patients experiencing changes in salt preferences, choosing low-sodium products can help.



Sweet & Sour Sauce

Sauces, such as sweet and sour, can help to add depth to a dish and help make eating a more enjoyable experience.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Oil

Heat oil in a large skillet over high heat.

3. Cook Tofu

Once oil begins to ‘pop’, turn heat down and carefully add tofu. Turn burner to high-heat and cook tofu until golden brown and crispy, about 6-7 minutes. Stir tofu occasionally to evenly cook.

4. Whisk Together Sauce

While tofu is cooking, make sauce. Whisk together the ketchup, soy sauce, honey, rice vinegar, and red pepper flakes.

5. Add Sauce to Tofu

Turn down heat to low and add sauce to tofu. Cook, stirring constantly, until sauce is bubbly, about 1-2 minutes.

6. Enjoy & Store

Enjoy tofu plain or over steamed rice. **Tofu will keep in a covered container in the refrigerator for up to 3 days.**

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [realsimple.com](https://www.realsimple.com)

What You'll Need



Cutting Board



Knife



Measuring Cup



Measuring Spoons



Small Bowl



Whisk



Large Skillet

Fatigue Buster

- Ask a friend or family member to help prepare this dish.
- Purchase pre-cubed, pressed tofu.