

School adult representative: Tobed Smith

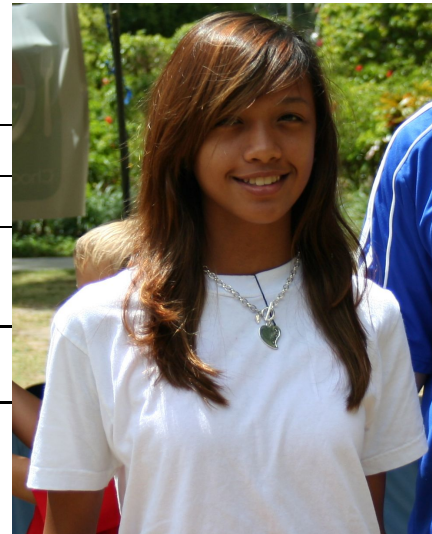
Grade group: (K-3?, 9-12?) 7th-8th

Name of Student(s): Keona Camacho

Name of Recipe: Tofu with vegetables (Kang Kung)

Featured Ingredient: Kang Kung

**How many servings does this recipe make?
(number)** 6-8 ser



Do not write in this area-- FNS Use Only

Ingredient	Amount	Cal	Fat	Sat Fat	Tran Fat	Na	CHO	Sugar
tofu	1 12-oz package	208	9	1.3		121	8	4
Kang kung	1 bunch	40	0	0	0	240	8	0
mushroom	1- 4 oz can	33	0	0	0	561	7	3
onion	1/2 c chopped	32	0	0	0	3	7	3
Garlic	2 cloves	9					2	
soy sauce	1 tsp	3				299		
salt	1/2 tsp	0				1163		
sesame oil	1 tsp	40	4.5	0.6				
sesame seeds	1 tsp	17	1.5					
	total	382	15	1.9	0	2387	32	10
	total per serving (6)	63.667	2.5	0.3167	0	397.83	5.3333	1.6667

Reviewer's notes: Good use of featured ingredient. Includes the protein group. Sodium is under 430 mg. Is high in potassium, vitamin A, folate-- may have some calcium from the tofu.

Any additional ingredients and preparation instructions: Do not write in this area

Directions:

1. Drain and cut tofu into cubes
2. Chop or tear kang kung
3. Prepare chopped onions and minced garlic
4. Rinse and drain mushrooms
5. Heat a nonstick frying pan on medium with oil
6. Cook onions and garlic till lightly brown
7. Add the tofu and stir in soy sauce (not too much soy sauce)
8. As you stir, sprinkle salt (not too much)
9. When tofu is lightly golden, add kangkung and stir for 2 minutes
10. Top with sesame seeds.

Rinsing the mushrooms reduces the sodium further.