

# APRIL IS NATIONAL SOYFOODS MONTH

## Tofu Satay

Recipes provided by...

# Soybeans

Nebraska Soybean Board



### Serving Suggestion...

Serve with bottled  
hot chili sauce

nebrasCASoybeans.org

### INGREDIENTS...

- 15 oz Firm tofu\*, drained
- 1/4 cup Low sodium soy sauce
- 1 tbsP Packed brown sugar
- 1 tbsP Each finely chopped green onion and cilantro
- 1 tsp Curry powder
- 1/4 tsp Crushed red chilies
- 1 Red or green bell pepper,  
cut into 1-inch squares

Cut tofu into 1-inch cubes. Drain on several layers of paper towels to remove as much moisture as possible. Place in single layer in shallow pan. Combine remaining ingredients, except peppers, and pour over tofu; turn cubes to coat all sides. Marinate 1 hour turning cubes after 30 minutes. Alternate tofu and peppers on 4 bamboo skewers\*\*. Grill over medium heat or broil until browned on all sides; baste several times during cooking.

\* If refrigerated water-pack tofu is not available, substitute shelf-stable (silken) tofu. Broil in oven, without putting cubes on skewer, until lightly browned.

\*\* Soak bamboo skewers in water 1 hour or longer to prevent exposed parts from burning.

**Makes 4 servings.**

### Per serving:

Calories: .....	167
Protein: .....	16.2 g
Carbohydrate: .....	9.7 g
Total fat: .....	8.8 g
Cholesterol: .....	0 mg
Sodium: .....	363 mg
Dietary Fiber: .....	3.0 g

For more enjoyable soy recipes call 800-852-BEAN