

Tofu Pockets

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

This is an unusual and delicious way to serve tofu, which can make a light, easy-to-digest, and nutritious addition to your diet. Tofu is made from the coagulated milk of the soybean and has been a staple in Asia for centuries. Soy foods have gained much popularity in the West in recent years due to their ability to reduce high blood cholesterol levels, which lead to heart disease, and their suspected role in preventing osteoporosis, menopause symptoms, and hormone-related cancers of the breast, uterus, ovaries, and prostate.

Image not found

[Tofu Pockets Wai Lana Recipe](#) [http://www.wailana.com/recipe/tofu-pockets_library.jpg](#)

Ingredients

16 oz
Firm tofu, well drained
1 Tbsp
Peanut oil for pan-frying
1 tspn
toasted sesame oil
1 Tbsp
Fresh ginger, peeled and finely grated
2 Tbsp
Green onion, minced
2 clv
Garlic, minced
1 c
Fresh shiitake mushrooms, thinly sliced
1?4 c
Water
2 c
Spinach, chopped
1 Tbsp
Soy sauce

1 tspn
Raw sugar
1½ Tbsp
Cornstarch mixed with 1 Tbsp. water

--Sauce:

1½ Tbsp
toasted sesame oil
1 Tbsp
Fresh ginger, peeled and finely minced
2 clv
Garlic, finely minced
2 Tbsp
Green onion, minced
1 Tbsp
Soy sauce
1½ Tbsp
Bragg liquid aminos
1 1½ Tbsp
Raw sugar
1 c
Water
1 Tbsp
Cornstarch mixed with 1 Tbsp. water

Instructions

1. Cut the tofu into 4 slices widthwise, each approximately 3/4 inch thick. Then cut each slice in half on the diagonal to make 8 triangles.
2. In a large nonstick skillet heat the peanut oil on medium heat. Add the tofu and cook on both sides until golden brown. Stand the triangles up and cook each of the 3 edges in turn, leaning them against each other to balance if necessary. Set aside.
3. Heat the sesame oil in a skillet on medium heat and sauté the ginger, green onion, and garlic until fragrant. Add the mushrooms, cover, and stir-fry until tender. Add the water, spinach, soy sauce, and sugar and cook until most of the liquid has evaporated. Stir in the cornstarch mixture and cook until the filling has thickened. Set aside.
4. Using a small sharp knife, cut a slit on the longest side of each triangle, then cut down inside almost to the outer edges, being careful not to pierce right through. Gently stuff each one, pushing the filling as far inside as possible without splitting the sides open.
5. For the sauce, heat the sesame oil in a small saucepan on medium heat. Add the ginger, garlic, and green onion and sauté until lightly browned. Stir in the rest of the ingredients except the cornstarch mixture and bring to a boil. Add the cornstarch mixture and cook until thickened. Serve the sauce drizzled on top of the tofu pockets.

Notes

Nutritional Information Per Serving:

Calories: 251, Fat 13.4g (119 cal), Carbohydrate 19.1g (77 cal), Protein 13.8g (55 cal)

Added information: Saturated Fat 1.6g, Cholesterol 0mg, Sodium 564mg, Dietary Fiber 1.9g

Source URL: <http://www.wailana.com/lifestyle/recipe/tofu-pockets>