

SPICY KOREAN BRAISED SESAME TOFU (DUBU-JORIM) FIT

Serving size: 4oz

Makes 4 servings

- 4 cups Tofu, Extra Firm, fresh
- 3 TBSP Canola Oil
- ¼ cup Soy Sauce, less sodium
- ¼ tsp Kosher Salt
- 2 tsp Granulated Sugar
- 2 TBSP Korean Chili Pepper Powder
- 1 cup Water
- 3 TBSP Canola Oil
- 2 tsp Garlic, fresh, minced
- 1 cup Yellow Onion, diced
- ¼ cup Green Onion, fresh sliced
- Oil
- 2 tsp Sesame Seeds
- ¼ cup Green Onion, fresh, sliced as garnish

Preparation:

1. Drain tofu, then pat dry with paper towels. Slice into ¼-inch thick pieces.
2. Heat 3 TBSP of canola oil in a nonstick skillet over medium-high heat. Add the tofu slices and cook for about 7 minutes per side, until golden brown and crisp. Remove from the pan and set aside.
3. In a small bowl, whisk together soy sauce, kosher salt, granulated sugar, Korean chili powder, and water. Set aside.
4. Return the pan to medium heat and add 3 TBSP canola oil. Stir in minced garlic, yellow onion, and ¼ cup sliced green onions. Cook until the onions are soft and caramelized.
5. Pour the sauce into the pan and simmer for a few minutes until slightly thickened.
6. Add the tofu back to the pan along with sesame oil. Simmer until most of the liquid is absorbed.
7. Sprinkle with sesame seeds and extra green onions. Serve hot.



NUTRITION FACTS PER SERVING

calories	235
total fat (g)	18
saturated fat (g)	2
sodium (mg)	300
total carbohydrate (g)	8
dietary fiber (g)	4
added sugar (g)	1
protein (g)	12