

# TOFU POKE, WAKAME, CORN FIT

Portion Size: ¼ cup

Yield: 4 servings



Tofu, extra firm	8 oz
Corn, fresh, removed from cob	8 oz
Canola Oil	1 tsp
All Purpose Flour	¼ cup
Corn Starch	¼ cup
Salt	¾ tsp
Black Pepper	½ tsp
Sesame Oil	1 TBSP
Wakame, Seaweed Salad	½ cup
Ginger, fresh, minced	1 TBSP
Soy Sauce, Low Sodium	1 TBSP
Scallions, chopped	2 TBSP
Jalapeno Peppers, minced	2 TBSP
Sambal, Chili Paste	1 TBSP

Nutrition Info (per serving): Cal: 240,  
Total Fat: 16g, Sat Fat: 2g,  
Sodium: 475 mg, Carbs: 14g,  
Protein: 12g, Sugar: 3g, Fiber: 2g

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1. Drain tofu and press it in a colander for 2 hours to rid of excess water. Cut tofu into 1/2" pieces.
2. Toss corn with oil, roast at 350°F for 10-12 minutes or until tender.
3. In a bowl, whisk together flour, cornstarch, salt, and pepper. Toss cubed tofu with dry ingredients and shake off excess.
4. Fry tofu in oil that is 350°F until golden brown.
5. Toast sesame oil in a pan until fragrant.
6. In a large bowl, toss together roasted corn, fried tofu, toasted sesame oil, seaweed salad, ginger, soy sauce, scallion, jalapeno, and sambal. Chill.

# POTATO NORI SOUP FIT

Portion Size: 1 cup

Yield: 10 servings



Water	10 cups
Nori, finely chopped	¼ cup
Yukon Gold Potatoes, diced	1 ½ cup
Yellow Onion, chopped	½ cup
Ginger, minced	2 tsp
Garlic, minced	2 tsp
Low Sodium Soy Sauce	1 TBSP
Scallions, chopped	2 TBSP
Sesame Oil	1 ½ tsp

Nutrition Info (per serving): Cal: 50,  
Total Fat: 1g, Sat Fat: 0g,  
Sodium: 70mg, Carbs: 10g, Protein: 0g,  
Sugar: 1g, Fiber: 1g

1. Place water in large pot, add the nori and bring to a boil. Cook over medium high heat for 20 minutes. Lower temperature and simmer broth for another 20 minutes. Strain out nori, reserve.
2. Add the potato, onion, ginger and garlic to pot and return to boil. Cook for 10-15 minutes.
3. Add the soy sauce, and reserved nori to the pot, cook for 5 minutes.
4. Add the scallions and sesame oil.

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