

THE DIETITIANS NETWORK OF NOVA SCOTIA

Edamame Pasta with Tofu & Veggies

This high-fibre, high-protein, plant-based meal is sure to be a hit with both vegetarians and meat lovers. It is full of flavour and is sure to keep you satisfied.

Recipe Name:	Edamame Pasta with Tofu & Veggies
Recipe By:	Nicole Osinga, RD (https://nicoleosinga.com/)
Short description of recipe:	Try it on a busy weeknight or as a new addition to your weekday lunch routine.
Makes	4 servings
Ingredients:	1 block of extra firm tofu 1 tablespoon onion powder 1 tablespoon garlic powder 2 tablespoons olive oil 1 red pepper 1 yellow pepper 2 green onions 8 oz of Explore Cuisine edamame or chickpea spaghetti* ½ cup pesto sauce Sesame seeds (optional; for garnish)
Instructions:	<ol style="list-style-type: none">1. Drain the tofu and remove it from its package. Wrap the tofu in paper towel. Put tofu on a plate, then put another plate on top of the tofu. Press the tofu for 15 minutes by putting some heavy cans on top of the second plate (pressing the tofu removes excess water).2. While the tofu is being pressed, dice the peppers and green onion.3. When the tofu has been pressed, cut it into small cubes and put in a medium bowl. Combine with the olive oil, onion powder, and garlic powder.4. Heat a large frying pan over medium heat. When the pan is hot, add the tofu and fry until all sides are brown and firm.5. While the tofu is frying, cook the pasta according to package directions. Drain and rinse well with water.6. Toss the pasta, fried tofu, peppers, and green onion in a large bowl. Top with pesto sauce and sesame seeds.

* Can be found at Bulk Barn in the gluten-free aisle. Explore Cuisine pastas are gluten-free and high in fibre.