

Ingredients

48 oz extra firm tofu	3 cloves garlic, minced
3 tsp salt	6 cups spinach, chopped
3 tsp cumin	1 jar salsa
1 1/2 tsp chili powder	
1 1/2 tsp turmeric	
1 Tbsp water	
1 red onion, thinly sliced	

Instructions

Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside. In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onion, red pepper and garlic, cook until softened, about 5 minutes, adding water just as needed to prevent sticking. Add spinach, season with salt and pepper, and cover to steam for 2 minutes. Unwrap tofu and use a fork to crumble into bite-sized pieces. Move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir, evenly distributing the sauce. Cook for another 5-7 minutes until the tofu is slightly browned. Garnish with cilantro and serve with salsa.

Nutrition Information Per Serving

Serving Size: 12 servings

Calories: 160

Fat: 7 gm

Sodium: 210 mg

Fiber: 4 gm

Carbohydrates: 12 gm

Protein: 15 gm

Sugars: 4 gm