

Ingredients

24 oz extra firm tofu	1/2 red onion, thinly sliced
1 1/2 tsp salt	1 1/2 red peppers, thinly sliced
1/2 tsp cumin	2 cloves garlic, minced
3/4 tsp chili powder	3 cups spinach, chopped
3/4 tsp turmeric	1 jar salsa
1 Tbsp water	

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 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. Add sauce and stir evenly distributing the sauce. Cook for another 5-7 minutes until the tofu is slightly browned. Serve with salsa.

Nutrition Information Per Serving

Serving Size: 6 servings

Calories: 130

Fat: 6 gm

Sat Fat: 1 gm

Sodium: 200 mg

Fiber: 3 gm

Carbohydrates: 7 gm

Protein: 12 gm

Sugars: 2 gm