

TOFU POKE

YIELD: 100 2.2 oz. servings

Chef Ryan Eckles

This is a great alternative to meat for rice bowls, as a salad or slaw addition. We take the traditional ingredients found in poke and use tofu instead of raw fish. This can also be done with chicken for an Asian chicken salad. If it can be found, I recommend using fresh seaweed but chopped sushi nori works in a pinch. Be mindful of the sesame ingredients, as these are a common allergen.

INGREDIENTS

- 14# firm tofu, pressed & cubed
- ½ cup neutral cooking oil
- 1 cup ginger, minced or pureed
- ½ cup fresh garlic paste
- 3 bunches green onions, finely chopped
- ¾ cup sesame seeds
- ¾ cup + 2 TBSP low-sodium soy sauce
- ¾ cup toasted sesame oil
- 6 sheets nori (sushi wraps), julienned

DIRECTIONS

1. Preheat oven to 400 degrees. Toss cubed tofu with oil and place on parchment lined sheet pan and bake for 12-15 minutes. Set aside to cool.
2. Whisk together everything but the tofu and nori until combined.
3. Fold in tofu and nori and serve.

RECIPE NOTES - TOFU POKE

Recipe credits as 1 oz. equivalent M/MA

Nutritional information per serving*: 48 calories; 0.25 g sat. fat; 206 mg sodium; 2.23 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*