

## **Breaded Tofu Florentine with Tomato Fresco**

*A Recipe by Chef Walter Staib*

Serves 6

1 onion, chopped  
3 cloves garlic, finely chopped  
2 small zucchini, julienned  
2 small yellow squash, julienned  
2 tablespoons basil, chiffonade  
2 tablespoons curly parsley, chopped  
Pinch crushed red pepper flakes  
½ cup white wine  
2 Roma tomatoes, seeded and diced  
1 teaspoon dry basil  
3 cups spinach leaves, cleaned  
Freshly ground pepper, to taste  
4 ½ cups whole wheat linguini, cooked al dente)  
¼ cup All purpose flour, as needed  
Freshly ground pepper, to taste  
1 teaspoon dry oregano  
1 pound extra firm tofu, drained, sliced thick and cut in half  
½ cup egg white or egg white substitute  
1 tablespoon extra virgin olive oil  
Tomato Fresco, see recipe

Spray a large pan with nonstick cooking spray. Put on medium heat. Add garlic and onions, and sweat for two minutes. Add zucchini and squash and sauté for 3 minutes. Add basil, parsley, red pepper flakes and white wine and cook over medium heat for 10 minutes. Add tomatoes, basil, parsley and spinach and sauté for two more minutes. Season with pepper. Add linguini and toss to combine.

Season flour with pepper and herbs. Dredge tofu slices in flour, shaking to remove excess flour.

Dip each slice of tofu in the egg mixture, making sure to cover the entire piece.

In a large skillet, heat olive oil over medium. Carefully add tofu pieces and cook for 1 to 3 minutes until golden brown.

To serve, place pasta on a pasta bowl. Place tofu slices on top and cover with tomato fresco.

## **Tomato Fresco**

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4 vine-ripened or heirloom tomatoes, seeded and diced into 1/4 inch cubes  
1 small red onion, peeled and finely chopped  
About 1/3 cup fresh basil leaves, finely chopped  
1 small clove garlic, peeled and finely chopped  
1/2 cup red wine or balsamic vinegar  
Freshly ground black pepper

In a medium mixing bowl, combine the tomatoes, onion, basil, and garlic in a large bowl, toss with the vinegar to coat, and season with pepper. Spoon the tomato topping onto the pasta to serve.

## Nutritional Breakdown – Breaded Tofu Florentine with Tomato Fresco

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
<b>Original is Heart Healthy</b>									
<b>Orig (OK HH) Breaded Tofu Florentine</b>	<b>6</b>	320	10	1.2	0	64	8	41	17
<b>Orig (OK HH) Tomato Fresco</b>	<b>6</b>	38	0.2	0	0	5	1	8	1
<b>BOTH TOGETHER</b>	<b>6</b>	358	10.2	1.2	0	69	9	49	18