



Makes 9 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 12-oz. package extra-firm light silken tofu

⅓ cup no-salt-added peanut butter

3 tablespoons lime juice

4 cloves garlic, minced

½ teaspoon crushed red pepper

1 cup chopped onion

1 16-oz. bag frozen mixed vegetables

4 cups fresh baby spinach

8 oz. wide brown rice noodles

Sea salt, to taste

1 medium cucumber, thinly sliced

½ cup shredded carrot

¼ cup sliced scallions

1 fresh Thai chile, thinly sliced (optional)

Lime, cut into wedges

Vegan Pad Thai with Tofu

This fresh and tasty whole-food, plant-based twist on a classic Thai takeout dish is easy to make and full of good-for-you ingredients. A zesty, slightly spicy peanut sauce coats tender noodles, crunchy veggies, and velvety **tofu** for a meal that will have you reaching for a second helping. Turn up the heat a little with a sliced Thai chile and squeeze some lime on top for a bright kick of citrus!

By Nancy Macklin, RDN

- 1** Place tofu between paper towels; add a weight on top and press 15 minutes. Cut tofu into ½-inch cubes.
- 2** For sauce, in a small bowl whisk together peanut butter, lime juice, garlic, crushed red pepper, and 1 cup water.
- 3** In an extra-large skillet cook onion over medium 2 to 3 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add mixed vegetables; cook 3 minutes or until almost tender. Stir in spinach; cook until wilted.
- 4** Meanwhile, cook noodles according to package directions. Drain well. Add noodles, tofu, and sauce to vegetables, tossing to mix well. Season with salt.
- 5** Arrange noodle mixture, cucumber, carrot, scallions, and Thai chile (if using) in bowls. Serve with lime wedges.