



## AADI Recipe - Dubu Buchim (Pan Fried Tofu)

Dubu buchim is a spicy tofu side dish that is often served in Korean cuisine. This recipe prepares a non-spicy yet flavorful sauce which is suitable for you and your family. Served with brown rice and vegetables, this will be a great meal for Meatless Mondays.

### Ingredients:

- ½ pack firm tofu (about 7-7.5 oz), cut into square slices of 1/4" thick, 3" wide
- 1 tablespoon canola oil
- 1½ tablespoons less sodium soy sauce
- 1 teaspoon granulated sugar
- 1 teaspoon white sesame seeds
- 1 teaspoon white sesame oil
- 1-2 cloves garlic, minced (about ¼ teaspoon)
- 2 tablespoons scallion, diced

### Directions:

1. Gently pat dry each slice of tofu between a piece of paper towel.
2. Spread the oil across a frying pan. Heat over high heat.
3. Add the tofu. Sear each side until turning golden brown. About 2-3 minutes per side.
4. Remove the tofu from heat. Place them in a plate.
5. In a small bowl, mix the soy sauce, sugar, sesame seeds, sesame oil and garlic together. Mix well.
6. Pour the sauce over the tofu.
7. Garnish with the scallions. Serve immediately.

**Servings: 2**

Nutrition Facts	
Serving Size: About 3.5 oz	
Servings Per Recipe: 2	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 130</b>
%Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 10g	<b>20%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

