

Tofu Lemongrass Curry

Adapted from "A DASH of Aloha"

4 servings



Tofu, fresh (preferably Aloha Brand firm)	1-16 oz.
Canola oil	1 tsp.
Turmeric	sprinkle
Curry powder	1/2 tsp.
Hawaiian salt	1/4 tsp.
Onion, Maui, cut into large chunks	1 cup
Carrot, peeled and cut into large chunks	2 cup
Sweet potato, Molokai, peeled and cut into large chunks	2 cup
Potato, Yukon gold, large peeled and cut into chunks	1 cup
Canola oil	1 tbsp.
Sauce:	
Cilantro, stems and leaves, chopped reserve 2 tbsp. leaves	1 cup
Garlic, minced	1 tsp.
Ginger, fresh, chopped fine	2 tbsp.
Lemongrass, trimmed of outer stalks and chopped fine	3 stalks
Coconut milk, canned	1 cup
Curry powder	1 tbsp.
Turmeric	1/4 tsp.
Hawaiian chili, seeded and minced (optional)	1 small piece
Kaffir lime leaves	2 pieces
Honey	1 tbsp.
Hawaiian salt	1/4 tsp.
Carrot, cooked, cut into chunks	2 pieces

1. Press and dry tofu, cut into slabs.
2. Cover a baking sheet or dish with canola oil and lay tofu slabs on the sheet; sprinkle with turmeric, curry powder and salt. Bake at 350°F for 30 minutes. Cool and cut into large squares.
3. Meanwhile, steam onion, carrot, sweet potato and potato chunks until just cooked. Cool a bit.

Nutrition Facts	
Serving Size (404g)	
Servings Per Container	
Amount Per Serving	
Calories 440	Calories from Fat 220
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 44g	15%
Dietary Fiber 8g	32%
Sugars 13g	
Protein 17g	
Vitamin A 450%	Vitamin C 70%
Calcium 20%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4. Combine the sauce ingredients with 2 chunks of cooked carrots in a blender and blend until smooth.
5. Sauté steamed vegetables in a non-stick skillet, with the 1 tbsp. canola oil, about 5 minutes or until slightly browned and crispy.
6. Add in the tofu and sauce and simmer for about 5 minutes to allow flavors to develop. Adjust to taste. Just before serving, stir in the reserved cilantro.

The tropical flavors of lemon grass and kaffir lime leaves really stand out and compliment the coconut milk. Multi-tasking is helpful with this dish; fresh tofu is seasoned and baked; and while the vegetables are steamed as the tofu is baking, the sauce can be blended together. Last step is just to combine and simmer a bit to marry the flavors.

Substitutions:

A squeeze of fresh lime can be used if you don't have any kaffir lime leaves. (available in farmers markets, Chinatown and some local grocery stores). Lemon grass can be found where you buy kaffir lime leaves. If you cannot find it the dish will still be tasty by just omitting it or adding lemon zest. Coconut milk is available frozen or in cans. Either type can be used interchangeably.

Note on nutritional facts: the nutritional facts show a high level of saturated fat in this recipe, which comes from the amount of coconut milk used in making the sauce. However, realize that in a curry dish, the sauce is used to coat the ingredients to impart its flavor, and not all of the sauce created is served. So your actual intake is much less than the amount of saturated fat calculated based on the recipe – as long as you do not pour additional sauce over your tofu and vegetables, or your rice as you would most likely be tempted to do. This is how you can eat well by eating smart!