

Cashew Noodles Broccoli and Tofu

Servings: 4

RECIPE BOX

INGREDIENTS

1 LARGE HEAD BROCCOLI, CUT INTO FLORETS
1 CUP UNSHELLED EDAMAME
1 CUP SHREDDED CARROTS
3/4 POUND WHOLE WHEAT PASTA
3 TBSP COCONUT AMINOS
1/4 CUP ROASTED, UNSALTED CASHEWS
1 8 OZ PKG TOFU (sear or bake, add a Thai or Teriyaki sauce for more flavor)



DIRECTIONS

STEP 1: In large pot, fill $\frac{3}{4}$ full, boil broccoli for 3-4 minutes. Remove from water and set aside.

STEP 2: From same water, boil noodles until al dente (7-8 minutes).

STEP 3: While noodles cook, place aminos, cashews, and $\frac{1}{2}$ cup water into a blender and puree.

STEP 4: Drain noodles.

STEP 5: Combine noodles, tofu, broccoli, carrots, and edamame into pot cooking over medium heat until heated through (3-4 minutes).

GF Use gluten free pasta

V This recipe is vegetarian as written.

Nutrition per Serving: 480 Calories, Fat 1.3g, Carbs 67g, Fiber 7g, Sugar 4g, Protein 24g

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