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Our Heart "Beets" Plant Strong

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Orange Tofu, Broccoli, and Mushrooms

Ingredients:

- 14 oz. block extra firm tofu
- 1/3 cup rice flour
- 2 cloves garlic
- Black pepper
- 1 hot pepper
- 1 orange
- 1 inch knob of ginger
- 2 Tbsp maple syrup
- 1 Tbsp low sodium tamari
- 1 Tbsp Tapioca or corn starch + 3 Tbsp warm water
- 1 24 oz. box mushrooms
- 1 bunch fresh broccoli
- Sesame seeds for garnish
- 2 cups rice (measured dry)

**plate with 1 cup cooked rice per serving*

Directions:

Tofu:

1. Preheat oven to 350°F
2. Drain & press tofu.
3. Cube and coat tofu with rice flour, garlic, and black pepper.
4. Bake for 30 minutes.

Sauce:

1. In Blender:
One peeled orange, a knob of ginger, 2 cloves garlic, 1 hot pepper, 1 tablespoon tamari, and 2 tablespoons maple syrup – blend until smooth.
2. Wok/Skillet:
Add a small amount of water. Add sliced mushrooms and sauté until juice released. Add broccoli florets and cook till tender. Add the orange sauce. Thicken with tapioca flour and water.

*Serve over 1 cup rice (cooked). Garnish with sesame seeds.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	384
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 252 mg	10 %
Potassium 1493 mg	43 %
Total Carbohydrate 62 g	21 %
Dietary Fiber 9 g	35 %
Sugars 12 g	
Protein 24 g	48 %
Vitamin A	51 %
Vitamin C	154 %
Calcium	118 %
Iron	18 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	