

*Power Protein Puffs**

Yields: 3 dozen



Ingredients

- 1 garlic clove, halved
- 1 green onion, cut into pieces
- 3/4 lb (340 g) firm or extra firm tofu, patted dry and cubed
- 1/2 cup (65 g) breadcrumbs
- 1 egg
- 2 tbsp (30 ml) soy sauce
- 2 tsp (10 ml) toasted sesame oil
- 2 tbsp (30 ml) vegetable oil

Directions

- In a food processor, finely chop the garlic and green onion. Add the tofu and pulse until crumbly. Add the remaining ingredients, except the vegetable oil. Season with pepper and process until smooth.
- Shape each tofu ball using 1 tbsp (15 ml) of the mixture.
- In a large non-stick skillet over medium-high heat, cook the tofu balls in the vegetable oil for 5 minutes or until golden brown. Drain on paper towels.
- Serve with any desired dipping sauce as a snack OR
Serve with your favourite Buddha bowl recipe

* Recipe credit: Ricardocuisine. (2017, August 21). Tofu Balls. Retrieved from: <https://www.ricardocuisine.com/en/recipes/7562-tofu-balls>



Satay Dipping Sauce**

Yields: 8 servings



Ingredients

- 1 tsp peanut oil
- 1/2 tsp crushed garlic
- 1 tablespoon soy sauce
- 2 tablespoons crunchy pure peanut butter
- 1/2 tsp sweet chilli sauce
- 1 tbsp honey
- 1/2 cup water

Directions

- Heat oil in a small saucepan over medium-low. Add garlic and sauté for one minute.
- Combine all other ingredients in a small bowl and mix well. Pour into the saucepan, bring to a gentle simmer and stir.
- Once you have a lovely sauce consistency, remove from heat and serve. Add more water if required.

** Recipe credit: Crispy Tofu Balls with Satay Sauce. (2013, December 04). Retrieved from <http://onehandedcooks.com.au/recipe/crispy-tofu-balls-with-satay-sauce/>

Find out more

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