Tofu Palak Paneer

Source: Recipe by Nandita Shah

Tofu works just like paneer, but without the cholesterol and saturated fat. For best results, start with tofu that is firm or extra-firm. It is available in a variety of flavors.

About the Recipe

144 Calories · 14.8 g Protein · 5.3 g Fiber
Dinner

Ingredients

Makes 4 to 6 Servings

- 1 16-ounce block firm tofu
- 1 tablespoon grated fresh ginger or ginger paste
- 1 tablespoon lemon or lime juice
- 1 teaspoon garam masala
- to taste salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon chili powder or crushed red pepper
- 1/2 teaspoon turmeric **optional*
- 1 teaspoon grated fresh ginger
- 2 tomatoes, chopped
- 1/2 cup chopped onion
- 2 bunches fresh spinach, chopped roughly and boiled in about 1/4 cup water until tender, or 1 16-ounce bag frozen spinach
- 1/3 cup plain soy yogurt or other plant-based yogurt

Directions

1. To prepare the tofu, place it in a flat colander (or plate) with a weight on top for at least half an hour, or preferably overnight, keeping it in the refrigerator. One can also use a tofu press to prepare it.
2. Ensure all the water is drained and the tofu is suitable to marinate. Cut tofu into cubes or roughly one-inch (2.5 centimeters) squares.
3. While tofu is being pressed, mix together ginger, lemon or lime juice, garam masala, and salt in a bowl adding water to the mixture if it’s too thick.
4. Put the tofu cubes in the freshly prepared marinade in a baking pan and let it stand about 30 minutes to an hour, turning it a couple of times to make sure all the surfaces absorb the marinade.
5. Bake tofu for about 20 minutes at 300 F (150 C).
6. While tofu is cooking, heat a large sauté pan and dry roast cumin, coriander, chili powder or crushed red pepper, and turmeric over low heat, otherwise the spices will burn.
7. Add ginger and tomatoes with any liquid from the tomatoes. Cook mixture over medium heat until the juice from the tomatoes is almost evaporated and the tomatoes are cooked.
8. Separately, in a large sauté pan add a little salt to the chopped onion and “fry” it in its own juice.
9. Add steamed spinach.
10. Add tomato and spice mixture and let the mixture simmer for a few minutes to absorb the water.
11. Then add nondairy yogurt, mixing thoroughly.
12. Add tofu cubes and cook until warmed through.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 144
Fat: 5.9 g
    Saturated Fat: 1.1 g
    Calories from Fat: 34.5%
Cholesterol: 0 mg
Protein: 14.8 g
Carbohydrates: 12.9 g
Sugar: 4.8 g

Fiber: 5.3 g
Sodium: 420 mg
Calcium: 466 mg
Iron: 8.2 mg
Vitamin C: 32 mg
Beta Carotene: 8,945 mcg
Vitamin E: 3.4 mg