



# Sticky Miso-Glazed Tofu



## INGREDIENTS

¼ cup Hy-Vee corn starch  
1 (16-oz.) pkg. extra-firm tofu, drained, pressed and cut into 1-in. cubes  
½ cup Korean BBQ marinade & sauce  
1 tbsp sweet white miso paste  
1 ½ tsp Hy-Vee honey  
1 ½ tsp oyster sauce  
5 tbsp Hy-Vee vegetable oil, divided  
1 (8-oz.) pkg. frozen shelled edamame, thawed  
1 cup fresh snow peas  
Radish microgreens, for garnish  
Black sesame seeds, for garnish

## PREPARATION

- 1** Place corn starch in a small shallow bowl. Coat tofu, a few pieces at a time, with corn starch. Set tofu aside. Whisk together BBQ sauce, miso, honey, and oyster sauce in a small bowl; set aside.
- 2** Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add edamame and snow peas. Cook and stir 2 to 3 minutes or until slightly golden. Transfer to a bowl; cover and keep warm.
- 3** Heat remaining 3 tablespoons oil in same skillet over medium heat. Add coated tofu; cook 8 to 10 minutes or until lightly browned on all sides, turning frequently. Add BBQ sauce mixture; cook 3 to 5 minutes or until sticky and golden brown.
- 4** To serve, divide edamame mixture among 4 serving bowls. Top with tofu. Garnish with microgreens and sesame seeds, if desired.

## NUTRITION FACTS

Calories: 440  
Total Fat: 24g  
Saturated Fat: 4.5g  
Trans Fat: 0g  
Cholesterol: 20mg

Sodium: 1650mg  
Carbohydrates: 41g  
Fiber: 8g  
Sugar: 9g  
Protein: 15g