

## Tofu Vegetable Verde



### Prep:

5 minutes

### Total:

30 minutes

### Makes:

8 servings, 1 cup each

### Utensil:

12" Electric Oil Core Skillet

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### Recipe:

### Contributed By:

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### Recipe Description:

This frozen-to-finish recipe is healthy, quick and delicious! What a simple way to prepare a nice meal for the evening, when you only have a few minutes to spare.

1 block  
water-packed tofu, firm, cut into 1-inch (2.5 cm) cubes  
28 ounces  
frozen mixed vegetables  
(794 g)  
16 ounces  
salsa verde (green tomatoes)  
(454 g)

### Directions:

1. Place tofu in electric skillet.
2. Add frozen vegetables on top of tofu. Cover with salsa verde.
3. Set electric skillet digital probe to 350°F/180°C. When Vapo-Valve™ clicks, reduce temperature to 180°F/80°C and continue cooking for 20 minutes.
4. Serve with quinoa or brown rice. It's excellent on a tortilla, too!

### Nutritional Information per

#### ▼ Serving

**Calories:** 128

**Total Fat:** 4g

**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 385mg  
**Total** 16g  
**Carbs:**  
**Dietary Fiber:** 5g  
**Sugar:** 1g  
**Protein:** 9g

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