

## 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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### 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 Carbs:**

16g

**Dietary Fiber:**

5g

**Sugar:**

1g

**Protein:**

9g