

## Baked Potatoes with Spicy Tofu Topping

Yield: 4 servings

### Ingredients:

16 ounces firm or soft tofu  
1 tablespoon soy oil  
4 ounces lean ground pork  
2 teaspoons fresh gingerroot, minced  
3 tablespoons soy sauce  
1 teaspoon crushed red pepper flakes  
1 teaspoon sugar  
¼ cup green onions, minced  
4 8-ounce baked Russet potatoes

### Procedure:

Drain tofu, wrap it in clean paper toweling or cloth towels, press with a plate or other heavy object for a half hour, and then dice it. Heat oil in wok or nonstick skillet, and sauté pork and ginger. Add soy sauce, pepper flakes and sugar. Stir-fry until meat is crumbly. Add tofu and green onions and stir-fry 1 to 2 minutes more or until mixture is thoroughly heated. Divide mixture evenly into four portions and top the split baked potatoes.

about 360  
calories and  
13 grams of  
fat per  
serving

A serving of these tasty taters also provides about 18 percent of the daily recommendation for iron and 46 percent of the recommendation for vitamin C.

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