

# Palak Paneer & Tofu

## Ingredients:

- 1/2 tablespoon canola oil
- 1 white onion, chopped
- 1 jalapeno, sliced
- 1 teaspoon cumin seeds
- 2 teaspoons garam masala
- 1 bay leaf
- 1 teaspoon fresh ginger, minced
- 3 fresh garlic cloves, minced
- 1 15 ounce can reduced sodium fire-roasted tomatoes
- 1 bag frozen spinach (17 ounces), thawed
- 1/2 cup nonfat plain Greek yogurt
- 1/2 cup water
- Dash of salt
- 4 ounces paneer cubes
- 6 ounces firm tofu, drained and cubed



## Servings: 4

## Instructions:

1. Heat the oil in a large pan over medium and sauté the onion, jalapeno, and cumin seeds until fragrant.
2. Add garam masala, coriander, bay leaf, ginger, and garlic and cook for 2-3 minutes.
3. Add tomatoes and stir to thoroughly combine, cooking for about 5-10 minutes.
4. Squeeze all excess water out of thawed spinach and add to the pan, cooking for 3-5 minutes.
5. Remove the bay leaf and transfer to a food processor. Pulse mixture 3-4 times until smooth but not fully blended.
6. Add back to skillet and stir in yogurt, water, salt, tofu, and paneer and simmer for 10 minutes.
7. Serve with fresh cilantro and naan.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1/4 Recipe (393g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 419mg	30%
Iron 3mg	15%
Potassium 338mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.