

Garlic Soba Noodle

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-tofu-and-swiss-chard-recipe>

Ingredients:

- 8 ounces soba noodles dried
- 3/4 cup bread crumbs
- 1/4 cup Parmesan freshly grated
- 1 pinch salt
- 12 ounces tofu extra firm organic, cut into 6 rectangular slabs
- 2 eggs lightly beaten
- olive oil a generous splash of
- 1 bunch green onions greens trimmed, thinly sliced
- 4 chard big handfuls of, spinach or kale - destemmed and cut into bite-sized pieces
- 1 teaspoon garlic powder
- 1/2 cup Parmesan freshly grated
- 3 radishes baby, sliced paper thin

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 95 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 890 milligrams
9. Sugar: 2 grams

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