

# Radish, Tofu, & Potato Hash

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Prep time: 10 minutes

Cook time: 15-20 minutes

Yield: 4-6 Servings

No wheat / No nuts / No fish / No eggs / No dairy\* / No sesame



## Ingredients:

- 12 small radishes
- 2-3 medium potatoes or 4-6 baby potatoes
- 1 block (12-15 ounces) extra-firm tofu
- 2 Tablespoons grapeseed oil
- 1 large green onion, trimmed and finely chopped
- 2 Tablespoons butter\*
- ½ teaspoon dried parsley (optional)
- Salt & pepper, to taste

\*Top 9 Allergy-Friendly Substitution: for dairy-free, replace with grapeseed oil

## Instructions:

1. Wash hands with soap and warm water. Divide tofu in half or thirds and place in tofu press (or use a DIY method) for at least 10 minutes. Dice into ¾-inch cubes.
2. Wash and trim radishes and potatoes. Dice into ¾-inch cubes.
3. Fill a large saucepan with water and bring to a boil. Add radishes and potatoes. Return to a boil then cook for 1-2 minutes. Remove from water and set aside.
4. Heat oil on a large sauté pan over medium-high heat. Add vegetables and cook for 4 minutes. Flip vegetables and cook 3-5 more minutes, or until golden-brown.
5. Reduce heat to medium. Gently stir in green onions and cook for 1 more minute.
6. Push vegetables to the sides of the sauté pan so that they form a ring around the outside.
7. Melt butter in the center of the pan. Add diced tofu and cook until brown on all sides, about 8-10 minutes.
8. Gently mix tofu into vegetables and season with dried parsley, salt, and pepper. Serve immediately.