

Miso-Scallion Tofu Dip

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2 tablespoons vegetable oil
4 scallions (pale parts only, reserve the green parts), thinly sliced
1 can (15 ounce) cannellini beans, drained and rinsed
3 tablespoons miso paste
pepper (to taste)
4 teaspoons soy sauce
1 teaspoon superfine sugar
1 package (14 ounce) soft tofu, drained
3 tablespoons rice wine vinegar
sesame seeds (for topping)

In a large skillet over medium heat, heat the vegetable oil. Add the scallions. Cook until softened, 2 minutes.

Add the cannellini beans and miso paste. Cook, stirring, until coated, 2 to 3 minutes. Season with pepper. Remove from the heat.

Stir in the soy sauce and sugar. Cook until glazed.

In a food processor, puree the bean mixture with the tofu and rice wine vinegar.

Chill before serving.

Top with the reserved scallion greens and sesame seeds.

Per Serving (excluding unknown items): 933 Calories; 29g Fat (27.2% calories from fat); 48g Protein; 126g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 1404mg Sodium. Exchanges: 8 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.