

SAAG PANEER



	Ingredients	Exchanges
Protein	65.1 gm firm tofu	3.7 (+1.85 gm fat)
Fat	10 gm butter	2
	5 gm mayonnaise	1
	13.9 gm coconut oil	3 (+1.85 gm)
Carbohydrate	20 gm fresh raw spinach	1.3
Other	salt, pepper, onion powder, garlic powder, red curry, garam masala	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small sauce pan, melt the butter and coconut oil together.
- Add in the dry seasonings and stir over low heat until fragrant.
- Add in the fresh raw spinach.
- Cover with a lid, and cook for 5-7 minutes.
- Remove the pan from the stove and pour the cooked ingredients into a blender.
- Blend until smooth.
- Pour the pureed spinach mixture back into the pan and return to a low heat.
- Add mayonnaise to the pureed spinach; stir until thickened.
- Cut the firm tofu into small cubes and add into the pan.
- Cover with a lid and cook for 5-7 minutes over low heat.
- If desired, additional seasonings can be added at this time.
- Serve warm.

VARIATIONS

- Other proteins such as chicken or beef may be used in place of the tofu.
- This recipe is very flexible; it can be adjusted as needed to fit all personalized meal plans.
- Other carbohydrates can be used such as zucchini, bell peppers, or cauliflower.