

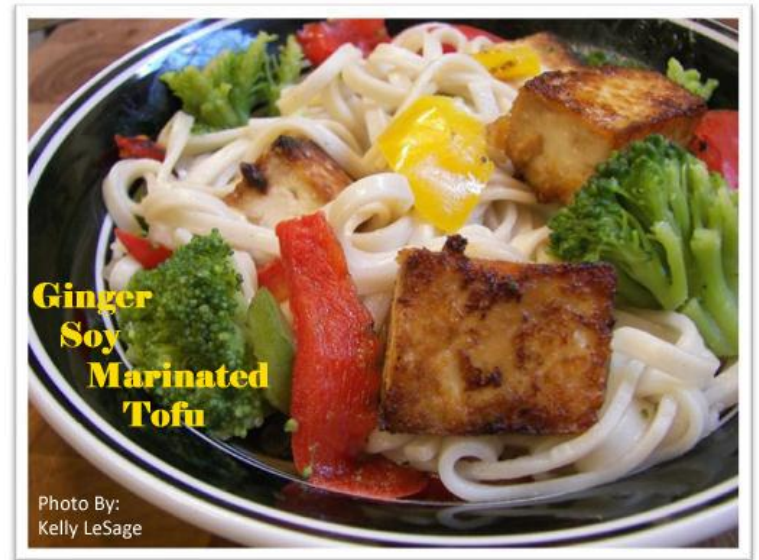
Ginger Soy Marinated Tofu

Recipe from: *Vegan Vittles* by Joanne Stapaniak

Serves 4

Ingredients

- 1 pound of regular Extra Firm tofu
- 2 Tablespoons soy sauce
- 1 ½ Tablespoons maple syrup
- 1 Tablespoon brown rice vinegar
- 1 Tablespoon fresh ginger root, grated
- 1 Tablespoon toasted sesame oil
- 2 cloves garlic, minced
- 1 Tablespoon organic expeller pressed canola or olive oil



Directions

1. Drain and press the tofu.
2. Cut the tofu into cubes and place in a wide shallow dish or bowl.
3. Whisk the remaining 6 marinade ingredients together in a small bowl.
4. Pour the marinade over the tofu, turning each piece so it's well coated. Cover and let the tofu marinate, in the refrigerator, for at least 2 hours (overnight even!). Occasionally turn the tofu.
5. Heat a medium to large skillet over medium heat.
6. Add oil and sauté tofu until browned on all sides.
7. Add your choice of vegetables and a starch and enjoy! I served this with soba noodles and stir fried broccoli and bell peppers.

Note: If you like things spicy add a pinch of cayenne or crushed hot red pepper flakes to the marinade.

Nutrition Information per Serving (tofu only): Calories: 170, Total Fat: 9gm, Saturated Fat: 1.5gm, Carbs: 10gm, Fiber: 2gm, Protein: 13gm, Sodium: 360mg

Chocolate “Pudding”

Recipe Adapted from: *How It All Vegan* by Sarah Kramer and Tanya Barnard.

Serves 8

Ingredients

1 package (11-12.3oz) firm silken tofu
¼ cup organic expeller pressed canola oil
½ cup unrefined sugar
4 Tablespoons cocoa powder
¼ teaspoon salt
1 ½ teaspoon vanilla extract

Directions

1. Puree all the ingredients in a food processor or blender until very, very smooth (make sure to scrape down the sides a few times).
2. Chill in the refrigerator for 8 hours.
3. Then serve! Yum!

Nutrition Information per Serving (about ½ cup): Calories: 140, Total Fat: 8gm, Saturated Fat: 0.5gm, Carbs: 14gm, Fiber: 1gm, Sugar: 12gm Protein: 2gm, Sodium: 75mg

