

Maui Tofu

Cubes of tofu mingle with colorful red and green peppers in this delicious stir-fry. The Hawaiian-style sauce, incorporating sweet pineapple, zingy ginger, and salty soy sauce, beautifully complements the velvety tofu. Serve over a bed of hot rice.

Serves 6

2 tablespoons toasted sesame oil (or water for sauteeing)
2 teaspoons vegetable oil
1/4 cup soy sauce or tamari
1 medium onion, sliced
1 medium yellow or green bell pepper, seeded and sliced
2 medium red bell peppers, seeded and sliced
2 garlic cloves, minced
1 1-inch piece fresh ginger, grated
1 cup chopped pineapple, with juices (just get canned pineapple and pour the whole thing into the pan – juices and all)
1 cup vegetable stock
1 pound extra-firm tofu, cubed
1/4 head green cabbage, shredded
3 cups cooked rice

1. Heat the sesame oil, vegetable oil, and soy sauce over high heat in a large saucepan or wok and saute the onion and peppers for 5 minutes
2. Add the garlic and ginger, cooking for 1 more minute
3. Add the pineapple, stock, and tofu and simmer for 15 minutes. Toss in the shredded cabbage and serve over rice immediately.

REMEMBER: there is NO fiber in animal products, and there is NO cholesterol in plant foods.
CHOLESTEROL EXISTS ONLY IN ANIMAL FLESH AND PRODUCTS.