

SPICED TOFU STIR FRY PAREVE

INGREDIENTS

- 2 t** Cumin
- 1 T** Paprika
- 1 t** Ginger (ground)
- Pinch** Cayenne Pepper
- 1 T** Sugar **OR** Sugar Substitute
- 10 oz** Tofu
- 4 T** Extra virgin olive oil **OR** Canola oil
- 2 cloves** Garlic (crushed)
- 3 to 6** Green Onions (Scallions) (If thin use 6 & if thick use 3)
- 1** Red pepper (seeded & sliced)
- 1** Yellow pepper (seeded & sliced)
- 3 C** Cremini mushrooms (Start with 8 ounces & cut in half or quarters)
- 1** Zucchini (sliced) (If a thin zucchini leave as small circle but if thick zucchini cut circle in half)
- 4 oz** Green Beans (If large cut in half)
- 1/2 C** Pine Nuts
- 1 T** Lime juice
- 1 T** Honey **OR** Agave
- Salt & Pepper to taste



COOKING INSTRUCTIONS

- 1** Cut the tofu into cubes
- 2** Mix the first 5 ingredients & coat the tofu & set aside
- 3** Heat some of the oil in a wok or saute pan & cook the tofu on high heat for 3-4 minutes carefully turning the pieces over so they don't 'break up'
- 4** Remove with a slotted spoon & place on a paper towel
- 5** Wipe out the pan with paper towels & add the remaining oil
- 6** Cook the garlic & green onions for 3 minutes & then add the remaining vegetables cooking over a medium heat for 6 minutes or until beginning to soften
- 7** Add the tofu back into the pan with the pine nuts, lime juice, honey, salt & pepper
- 8** Heat thoroughly & serve