



Almond Tofu

Cindy Gliebe of VeggieSensations.com provided us with this week's recipe. Serve over rice for an Asian sensation!

2 cups water
2 Tbs. cornstarch
½ cup soy sauce
1 Tbs. peanut butter
1 tsp. onion powder
½ tsp. garlic powder
1 tsp. fresh, peeled, grated ginger root
1 Tbs. sesame oil
1 lb. extra firm tofu, cut into cubes
6 cups mixed vegetables of your choice: broccoli, carrots, onions, celery, water chestnuts, bamboo shoots, mushrooms, green peppers
½ cup sliced almonds

1. Using a wire whisk, mix first seven ingredients together. Set aside.
2. In saucepan over medium heat, heat sesame oil. Sauté tofu cubes until firm and brown. Set tofu aside to drain on paper towels.
3. In the same pan, sauté vegetables. When the vegetables are tender, add sliced almonds and sauce. Heat through and serve over rice.