

MOURAD'S BAKED TOFU WITH QUINOA PILAF



DIRECTIONS

Drain the tofu in a colander. Place several paper towels on a plate or cookie sheet, then put another plate or cookie sheet on top. Add a couple more plates or similar heavy objects to press the liquid out of the tofu. Let drain for at least an hour. Cut the tofu in 1 inch cubes and place on paper towels while you prepare the marinade.

Place all the other ingredients in a large Tupperware and mix well. Add the tofu and close the lid tightly. Gently turn the Tupperware on all sides and coat the tofu without breaking it. Refrigerate for 2 to 4 hours. Preheat oven to 450 degrees. Place tofu on lined cookie sheet and bake for 35 mins.

While the tofu is baking, heat the olive oil in a medium saucepan and sauté the celery for about a minute. Add the mushrooms and sauté for another minute or so. Add the quinoa and the broth, cover tightly and simmer until the liquid is absorbed (12-15 mins). Remove from the heat, salt and pepper to taste and fluff with a fork. Mix in the cilantro and serve topped with the baked tofu and maybe some steamed broccoli or other green veggie.

SHOPPING LIST

Ingredients for baked tofu:

- 2 14oz extra firm tofu
- 2 tbs soy sauce
- 1 tbs chili garlic sauce
- 2 tbs grated fresh ginger
- 2 tbs corn starch
- 2 tbs olive oil or 1 1/2 sesame oil

Ingredients for quinoa:

- 1 cup quinoa
- 1 1/2 cups veggie broth
- 1 rib celery, diced
- 6 oz sliced mushrooms
- 1 1/2 cups chopped cilantro
- Salt & pepper to taste
- 2 tbs olive oil