

Mexican Tofu and Quinoa

- 1 pkg. Firm tofu cut into very small cubes
- 1 Tbsp. chili powder
- 1 Tbsp. tamari
- 3 Tbsp. sesame oil (not toasted)

Combine tamari, oil and chili powder. Coat tofu cubes well and bake in a glass 9x13" pan 350°F for about 30 minutes.

2 cups cooked quinoa (Use 1 cup dry quinoa and 2 cups water. Bring to the boil. Reduce to simmer for 20 minutes. Turn off and let sit 5 minutes. For added nutrition, place a piece of kombu on top of grains before cooking.)

- 1 large onion, chopped
- 1 zucchini, chopped
- 1 red pepper, chopped
- 3 stalks celery, chopped
- 2 cloves chopped garlic
- 1 Tbsp. sesame oil
- 1 can crushed or diced tomatoes
- 1 tsp. dried basil
- 1 Tbsp. chili powder
- 1 tsp. celtic sea salt
- 1 Tbsp. tamari

Saute onion and garlic over medium heat in sesame oil. Add remaining vegetables and sauté until soft. Add remaining ingredients and cook until heated through. Remove from heat. Add cooked quinoa and baked tofu to tomato mixture.

From: Sandy Pomeroy