



Tofu & Ginger Bowl

Tofu is like a blank canvas, so I pair it with ginger, peppers and celery. This delicious dish is full of protein, fiber and antioxidants. Tofu is not only a good source of protein and contains several important minerals (iron, calcium, manganese, selenium, phosphorous, magnesium, copper, zinc). All you need to add to this soy-based wonder are crunchy vegetables and a bit of healthy fat; and the tofu & ginger bowl is ready.

Prep Time	Total Time	Serves
Fifteen	Twenty	Four

Ingredients

- 1 block of firm tofu
- 1 medium-sized red onion
- ½ red (orange or yellow) bell pepper
- 1 ½ inch fresh ginger root
- 1 celery stalk
- 2 tablespoons of olive oil
- ¼ teaspoon paprika
- ¼ teaspoon turmeric
- ½ teaspoon tamari (or soy or liquid aminos)
- 1 tablespoon ume plum vinegar
- 1 pinch of black pepper

Instructions

1. Chop onion, pepper, ginger, and celery.
2. Dry tofu with a paper towel and crumble it in a small bowl.
3. Heat up the oil in a large non-stick pan.
4. Add tofu, tamari and turmeric to the pan and saute for four minutes.
5. Add the onion, pepper, ginger and celery to the pan, as well as the paprika, ume plum vinegar and black pepper, and saute for five minutes.
6. Enjoy!

Tips

- Do not substitute anything for the ume plum vinegar: not only it has a unique taste but it has unique properties. Used in Japan for thousands of years, it is known to prevent fatigue, purify water, rid the body of toxins, and cure specific diseases such as dysentery, typhoid, and food poisoning.
- I sometimes serve the leftovers for breakfast. It is a light and energizing way to start the day.