"FAVORITE MEAL"

"FAVORITE MEAL" (Pasta with Tofu and Broccoli)

This recipe is adapted from the recipe for Tofu Vegetable Supreme in Nathaniel Altman's book *Total Vegetarian Cooking* (1981).

3/4 lb whole-wheat macaroni or other small shape
¼ cup white wine (more as needed) plus 1 tbsp soy sauce
1 onion, diced
1 - 2 cloves garlic, minced
6 - 8 mushrooms, sliced
1 bunch broccoli, cut up
Other green vegetables such as zucchini or green beans (optional)
TAHINI-MUSTARD SAUCE (recipe below)
Part or all of a batch of ROASTED MARINATED TOFU (recipe below; diced is nice for this dish)
Dulse seaweed, flaked or crumbled (optional)

Sauté the onion, garlic and mushrooms in white wine and soy sauce until softened and onions are transparent. In a separate pot, steam the broccoli till fork-tender. If you want to add other green veggies, either steam with the broccoli or add to the sauté with the onions and mushrooms.

Cook 3/4 lb of macaroni or other small pasta to *al dente* doneness. Toss the pasta with the sauce (recipe below), then add the veggies and tofu (recipe below), and mix to combine. If it seems too dry, add a little cooking water from the veggies. Serve hot. If you are using the pulse, sprinkle it on top or serve it at the table, depending on whether you think everyone will like it.

Dulse is a reddish-brown seaweed with a mild salty taste. Even confirmed seaweed haters can love it. Maine Coast Sea Vegetables is one brand; it comes dried, whole or in flakes. For this recipe, flakes are better as the whole dried seaweed is hard to cut or crumble.

TAHINI-MUSTARD SAUCE

1/3 cup tahini (sesame seed butter)
2 tbsp Dijon or spicy brown mustard
1/2 tsp dried oregano
1/3 cup water
1 tbsp rice vinegar, white wine vinegar, or cider vinegar.

Whisk together all ingredients.

ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
½ tsp garlic powder
½ tsp ground ginger (optional)
1 tsp toasted sesame oil

Preheat oven to 350 degrees F. Dice the tofu or cut it into strips. Lay the tofu on a nonstick or lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Bake the tofu 10-12 minutes on each side, turning once.





