

Japanese Teriyaki Tofu Recipe

4 servings

What you need:

- 1 package extra firm tofu, cubed 1/2 inch cubes
- 1 cup onions, minced
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, peeled & minced
- 1 cup carrots, grated
- 1 cup daikon radishes, diced 1/2 " cubes
- 1 tablespoon light olive oil (or other veggie oil)
- 1 cup bell peppers, diced (red & green)
- 1 1/2 cups teriyaki sauce, ready prepared, thick style
- 1 cup snow peas, sliced on the diagonal
- 1 cup bean sprouts
- 2 tablespoons cilantro or regular parsley, chopped



All you do:

1. Saute the garlic, onion, ginger, carrot & radishes in the olive oil about 5 minutes.
2. Add peppers & tofu and saute 3 minutes.
3. Add teriyaki sauce, snow peas, bean sprouts & cilantro.
4. Stir, cover, & simmer for 1 minute.
5. Serve with rice or noodles.