

Japanese Teriyaki Tofu

Ingredients

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| 1 package extra firm tofu, cubed | 1 tablespoon olive oil |
| 1/2 inch cubes | 1 cup bell peppers, diced (red & green) |
| 1 cup onions, minced | 1 1/2 cups teriyaki sauce, |
| 2 cloves garlic, minced | 1 cup snow peas, sliced |
| 1 teaspoon fresh ginger, peeled & minced | 1 cup bean sprouts |
| 1 cup carrots, grated | 2 tablespoons cilantro or parsley, chopped |
| 1 cup daikon radishes, diced | |

Directions

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



Makes 4 servings