

Ginger Sesame Tofu

Serves 3

Time 45 minutes

Vegan

Common Allergens Soy, sesame, check labels

Recipe from [The Foodie Takes Flight](#)

Ingredients

Tofu

- 14 ounces extra firm tofu
- ¼ cup corn starch
- ½ teaspoon salt

Stir-Fry

- 3 tablespoons canola oil, divided
- 1 small onion, diced
- ½ red bell pepper, chopped
- 1 cup green beans, chopped
- 1 tablespoon grated ginger
- Salt and pepper to taste
- Chili sauce, optional

Sauce

- ½ cup room temperature water
- 2 tablespoons tamari or soy sauce
- 2 tablespoons sugar
- 1 tablespoon roasted sesame seeds
- 1 tablespoon cornstarch
- 1 tablespoon Shaoxing wine or other rice wine, optional
- 1 ½ teaspoons toasted sesame oil
- Pinch white pepper

To Serve

- Chopped scallions for topping
- Steamed rice

Notes

- Ways to press tofu:
 - Wrap it in a towel and place a heavy object on top
 - Place it between 2 plates and place a heavy object on top
 - Use a tofu press



Instructions

1. Drain the tofu, then press for at least 5 minutes.
2. Cut tofu into cubes. In a shallow plate or bowl, mix the cornstarch and salt. Coat the tofu well in the mix.
3. In a bowl, mix all the ingredients for the sauce. Feel free to adjust depending on your desired taste. Set aside.
4. In a large nonstick skillet, heat 2 tablespoons of oil and fry the tofu cubes until crisp and golden. You will need to turn around the tofu cubes to evenly crisp them, which may take about 15 minutes. Remove tofu from the pan onto a plate lined with a paper towel.
5. In the same pan, add remaining 1 tablespoon oil, then sauté the onion for 2 minutes over medium high heat. Add bell pepper, green beans, ginger, and about ¼ cup water to help cook the vegetables. Cook until vegetables are crisp tender, about 1-3 minutes.
6. Stir the sauce to make sure the cornstarch hasn't stuck to the bottom. Add the sauce to the pan and simmer while stirring until it thickens.
7. Add in the tofu and coat in the sauce. Stir until just combined.
8. Add salt and/or pepper to taste, and optional chili sauce.
9. Serve the tofu with a bowl of rice and garnish with scallions, if desired. Serve warm.

Stuffed Shells with Tofu Ricotta

Serves 4-6

Time 50 minutes

Vegan

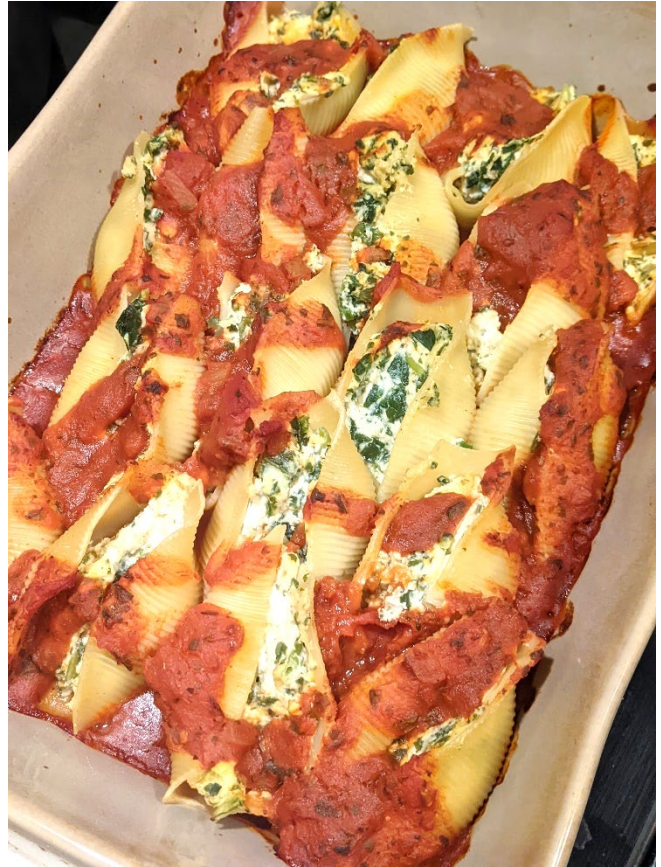
Common Allergens Soy, wheat, check labels

Ingredients

- About 20 jumbo pasta shells
- 14 ounce container extra firm or firm tofu, drained
- ¼ cup + 1 tablespoon extra virgin olive oil
- ¼ cup lemon juice (juice of about 2 lemons)
- 3 tablespoons nutritional yeast
- 1 tablespoon dried oregano
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 ½ cups frozen spinach, thawed (about 5 oz)
- Optional: ½ cup fresh basil
- 24 ounce jar marinara sauce

Notes

- Make ahead: Tofu ricotta can be made 1-2 days ahead. You can also put together the whole dish and bake it 1-2 days later.



Instructions

1. Preheat oven to 350°F.
2. Cook pasta according to package but add 1-2 teaspoons olive oil to water. Drain and toss with 1 teaspoon olive oil.
3. Make tofu ricotta by combining tofu, remaining ¼ cup olive oil, lemon juice, nutritional yeast, oregano, salt, and pepper in a food processor. Pulse until just combined but not pureed smooth. Add spinach and basil, if using, and pulse a couple of times.
4. In a 9x13 inch casserole dish, pour about half of the marinara sauce to coat the bottom. Fill each shell generously with tofu ricotta and place on top of the marinara, open side up. Drizzle the rest of the marinara over the filled shells.
5. Cover with foil and bake for 25-30 minutes until warm. If desired, garnish with fresh basil or parmesan cheese.