

Spicy Marinated Tofu & Spinach

Submitted by Linda Lopos

¼ cup soy sauce

1 Tbsp. Creamy peanut butter

**1 pkg. (about 12oz.) extra firm
tofu**

1 medium zucchini

1 medium yellow squash

2 tsp. Peanut or vegetable oil

**½ tsp. each hot chili oil and
sesame oil**

**2 cloves garlic, chopped or
pressed**

2 C. packed torn fresh spinach

**¼ C. coarsely chopped cashews
or peanuts**

***Makes 2 servings. Serve over
cooked rice.**

Whisk soy sauce into peanut butter in a small bowl. Press tofu between paper towels to remove as much liquid as possible; cut into ¾ inch cubes. Pour soy sauce mixture into a plastic storage bag. Add tofu cubes. Close bag and gently mix together sauce and tofu. Let stand at room temperature for 20-30 min. Meanwhile, cut zucchini and yellow squash lengthwise into ¼ inch thick slices; cut each slice into 2x1/4 in. strips. Heat a nonstick skillet over medium-high heat. Add peanut and chile and sesame oils and heat until hot. Add garlic, zucchini and yellow squash; stir fry 3-5 min. Add tofu mixture and cook until tofu is heated through and sauce is slightly thickened, stirring occasionally. Stir in spinach and cook until spinach is wilted. Serve over cooked rice (I use brown rice). Sprinkle with cashews or peanuts.

“Fasting is acceptable to God when abstention from food is accompanied by refraining from sins”. St Photios the Great