



Pineapple Tofu Vegetable Stir-Fry

- 16 oz block of organic extra-firm tofu
- 16 oz bag frozen stir-fry vegetables
- 1-16 oz can pineapple tidbits, packed in 100% juice
- 1/4 cup teriyaki marinade
- brown rice or quinoa

Night before: Remove tofu from the container (disposing of the liquid), and slice into four sections lengthwise and then into cubes. Add frozen vegetables and tofu into a large container. Open the can of pineapple, pour pineapple and juice into bowl. (If you use pineapple chunks, cut the chunks in half and add then them to the bowl.) Add teriyaki marinade, top with the lid, and mix! Place in the fridge overnight. (You can marinade it up to 1-2 days, or at least for a few hours if you are short on time.)

Next day: Pour ingredients into a large skillet. (I keep part of the liquid to cook with a dispose of the rest.) Cook on medium high until the tofu and vegetables begin to caramelize. Prepare rice. (I make big batches of it, separate it into baggies, and store them in the freezer so I can just defrost it when I want rice.) Top with stir fry and dig in! Serves 3-4

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