



THIRD PLACE WINNER

## *Sunburst Tofu Stir-Fry*

Submitted by Annika Bennett '15

“When my daughter, Annika, became a vegetarian, I adapted this recipe to use tofu instead of chicken and make the sauce do double duty as a marinade. It has become one of her favorites.” - Donna Bennett, mother of Annika Bennett

### *Ingredients*

1 can (20 oz.) chunk pineapple (about 1 ¼ cups drained)  
1 lb. firm tofu, cut in ½ to ¾ inch cubes  
2 large cloves garlic, minced or pressed  
(or ¼ tsp. garlic powder)  
2 Tblsp. minced ginger root (or 1 tsp. ground ginger)  
2 Tblsp. vegetable oil  
2 large carrots, sliced  
1 green bell pepper, slivered  
¾ lb. spaghetti, cooked  
3 green onions, chunked

### *Sauce*

1/3 cup pineapple juice  
1/3 cup soy sauce  
1 Tblsp. sesame oil  
1 Tblsp. cornstarch

### *Method of Preparation*

Drain pineapple, reserving 1/3 cup juice. Combine juice with soy sauce and sesame oil and marinate tofu cubes for several hours. Reserve marinade.

Saute tofu, garlic, and ginger in oil until the tofu is browned on several sides (6-8 minutes).

Add pineapple, carrots, and bell pepper, cover, and steam 3-5 minutes. Stir in spaghetti.

Add cornstarch to reserved marinade and pour into skillet with green onions. Toss until ingredients are heated through.