

Powerful Tofu with Spinach

(Serves 4-6)

Ingredients:

- 1 tablespoon vegetable oil
- one 10-ounce package fresh baby spinach
- one 14-ounce package firm tofu
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon red chili powder
- salt to taste

Method:

1. Thoroughly wash the spinach and drain.
2. Blanche the washed spinach in a dry pan for 1-2 minutes then cover the pan and allow the spinach to cook another 2-3 minutes until tender. Set the spinach aside.
3. Heat a pan over medium heat add 1 tablespoon of oil.
4. Drain and crumble the tofu and add to the pan with the spinach along with black pepper, red chili powder, and salt.
5. Saute the tofu and spinach for another 5-7 minutes until the juices have evaporated.