

Curried Tofu with Coconut Milk

1 carton extra firm tofu
2 tsp canola oil
2 tablespoons curry powder
¼ cup lite coconut milk
¼ cup raisins
1 tsp ground cumin
1 tsp ground ginger
2 cups cooked brown rice
2 Tablespoons chopped fresh cilantro
¼ cup slivered almonds, toasted
¼ tsp sea salt (optional)

Place the tofu between two flat plates or baking pans. Weight the top with a heavy object, such as a book or can, so that the sides of the tofu bulge slightly, but don't split. Let stand for 30 minutes.

When tofu is drained, cut into 1-inch cubes. Heat oil in medium fry pan over medium. Add tofu to pan and heat for 3 minutes, turning tofu to cook all sides. Meanwhile, mix curry, coconut milk, cumin and ginger in small bowl. Add to pan with tofu along with raisins, slivered almonds and salt. Cover and let simmer for 10 minutes.

Prepare rice. Add cilantro. Mix.

Serve tofu over rice.

Serves 4. One Serving= 1 cup tofu and ½ cup brown rice

Calories 320 Fat 12g Carbohydrate 44g Dietary Fiber 4g Protein 10g Sodium 135mg