

Chinese Broccoli, Mushroom, and Tofu

(can be made as a warm salad or served over rice as a main dish)

2-4 heads of broccoli
1 lb. mushrooms, sliced
1 lb. extra firm tofu
3/4 cup toasted walnut halves or pieces
2-3 garlic scapes or garlic cloves

Tofu Marinade

2 T sesame oil
2 T soy sauce or tamari
1 to 2 t brown sugar
1 T fresh lemon (or lime) juice
1/2 t salt
1/4 t black pepper

Mushroom Marinade

1-2 T sesame oil
1-2 T soy sauce

Sauce for the whole dish

1/4 cup canola oil
1/3 cup rice wine vinegar
1 T sesame oil
1 T soy sauce or tamari
2 T fresh lime juice
1 t salt

- 1.) Cut tofu into 1/2 inch pieces and marinate for about 1/2 hour (or more).
Marinate sliced mushrooms at same time.
- 2.) Cut up broccoli into medium size pieces (don't forget stems! Peel off outer skin and slice stem into pieces)
- 3.) Sauté tofu and broccoli for about 15 minutes include the marinade. Add garlic in the last 5 minutes. You can mince garlic scapes in a food processor (it lets out a lot of the flavor!) or mince garlic cloves.

- 4.) Steam broccoli for 5 to 10 minutes until bright green but still a little crunchy.
- 5.) Mix together sauce. Toast walnuts (you can do this in a dry cast iron pan, just make sure they don't burn!)
- 6.) Add the tofu and mushroom mix and broccoli to the sauce and mix together. Add walnuts last and serve warm. Can serve as a salad or over rice to make it a meal!