

## 🍌 Sweet and Sour Tofu

**Serves 4–6**

### 🥄 Ingredients

#### **Crispy Tofu**

- 1 lb. firm tofu, cut into ½-inch cubes
- ¼ cup soy sauce or Bragg Liquid Aminos
- ¼ cup vegetable broth or water
- ½ cup cornstarch (*or ¼ cup cornstarch and ¼ cup flour*)
- ½ teaspoon salt
- Oil for cooking

#### **Fresh Vegetables**

- ½ cup red and green bell peppers, cut into bite-sized pieces
- ½ cup fresh pineapple chunks
- ½ cup sliced red onion

#### **Sweet and Sour Sauce**

- 1½ cups unsweetened pineapple juice
- ½ cup plus 2 tablespoons brown sugar
- ¼ teaspoon garlic powder
- ½ cup lemon juice
- 2 tablespoons cornstarch
- ¼ cup soy sauce or Bragg Liquid Aminos

### 👩🍳 Instructions

#### **Crispy Tofu**



1. Mix the soy sauce or Bragg Liquid Aminos, vegetable broth, cornstarch, and salt until well combined.
2. Coat the tofu cubes evenly in the mixture.
3. Sauté for 2–3 minutes until golden and crispy, or air fry until lightly golden and crisp.
4. Transfer the tofu to a plate and set aside.

### **Fresh Vegetables**

1. In the same pan, add a little more oil if needed.
2. Sauté the bell peppers, red onion, and fresh pineapple chunks for 3–4 minutes, or until the vegetables are crisp-tender and the pineapple is lightly caramelized.

### **Sweet and Sour Sauce**

1. Combine all the sauce ingredients in a saucepan.
2. Whisk until smooth and free of lumps.
3. Cook over medium heat, stirring constantly, until the sauce thickens.
4. Remove from the heat.

### **Assemble**

1. Return the crispy tofu to the pan with the sautéed vegetables and pineapple.
2. Pour the warm sweet and sour sauce over the mixture.
3. Gently toss until everything is evenly coated.



### **Serving Ideas**

- Serve over brown rice or noodles.
- Pair with steamed vegetables for a complete meal.



### **Nutrition Benefits**

- Tofu provides high-quality plant-based protein.
- Bell peppers, onions, and pineapple add fiber, vitamins, minerals, and vibrant color.
- Pineapple juice creates a naturally sweet and tangy sauce.
- Air-frying the tofu is a lighter alternative that uses less oil.

### Nutrition per Serving

#### Approximately:

- 366 calories
- 9 g protein
- 13 g fat
- 57 g carbohydrates

**Reference:** Adapted from *TOFU Cookery* by Louise Hagler.