



Jerk Tofu with Pineapple

Ingredients (Serves 4. Prep time: 1 hour active.)

1 pound extra firm tofu, pressed to remove water and cut into 1- to 2-inch cubes	1 tablespoon brown sugar
1 pound fresh pineapple, cut into 1- to 2-inch cubes	1 tablespoon hot sauce or habanero sauce
1/2 cup diced red pepper	2 tablespoon fresh chives, minced (reserve 1 tablespoon for garnish)
	1 tablespoon dried thyme
Jerk sauce	1 tablespoon Dijon mustard
1/4 cup fresh lime juice	1 teaspoon ground allspice
2 tablespoons red wine vinegar	Pinch of salt and pepper
2 tablespoons tamari	

Preparation

To press tofu: wrap it in a clean, lint-free towel or place it between two plates, then add a 2 to 3 pound weight on top (a cookbook works well) and let it sit for 15 minutes or more to remove excess water.

In medium-sized mixing bowl, combine the jerk sauce ingredients. Reserve 4 tablespoons of the sauce for dressing the tofu when cooked.

Marinate the pressed, cubed tofu in the jerk sauce for 30-60 minutes or overnight. Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15-20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 – 25 minutes until they just start to brown.

Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens or crisp lettuce.

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Ingredient checklist

PRODUCE

- Pineapple
- 1 red bell pepper
- Chives
- 1 lime

GROCERY

- Red wine vinegar
- Tamari
- Brown sugar
- Hot sauce or habanero sauce

REFRIGERATED/FROZEN

- 1 pound extra-firm tofu

SPICES/SEASONINGS

- Dried thyme
- Ground allspice
- Sea salt
- Black pepper

Serving suggestion

Double up the sauce recipe, then heat the sauce, tofu and pineapple together in a skillet and serve warm over steamed rice, or as a wrap sandwich, with fresh greens and sliced sweet onions

Nutritional information per serving

149 calories	23 g carbohydrate
4 g fat	3 g fiber
0 mg cholesterol	10 g protein
362 mg sodium	

The nutritional values and information provided are approximations.