

Korean BBQ

(makes 4 to 6 servings)

Ingredients:

1 package firm tofu, cubed

Sauce

3 tablespoons agave

2 garlic cloves, minced

1 teaspoon to 2 tablespoons red pepper flakes

1 tablespoon gochujang

1 tablespoon low sodium tamari or soy sauce

Juice of ½ lime

2 teaspoons vegetable broth

Scallions, sliced and used for garnish

Directions:

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. Cube the tofu in bite sized pieces and then place on the baking sheet and place in the oven.
Bake for about 20 minutes or until spongy.
3. Mix the sauce ingredients and then add the ingredients into a sauce pan or wok and bring to a boil. Simmer for a few minutes until it thickens and then add the baked tofu.
4. Toss the tofu in the sauce lightly and be careful so that it does not burn.
5. Garnish with scallions and serve with the noodles

Sesame Hibachi Noodles

(makes 4 servings)

Ingredients:

1 pound noodles (spaghetti, linguine, soba) cooked and drained

Sauce

2 tablespoons brown sugar

2 garlic cloves, minced

4 tablespoons low sodium tamari or soy sauce

1 tablespoon hoisin sauce (or teriyaki sauce)

1 teaspoon red pepper flakes

1 teaspoon vegetable broth (more if needed)

Sesame seeds

Directions:

1. Cook the noodles and let set aside, but keep warm.
2. In a sauce pan, add the sauce ingredients and bring to a boil to thicken. Add the vegetable broth at the end and immediately toss with the drained, warmed noodles.
3. Sprinkle with sesame seeds and maybe some extra red pepper flakes.

Korean Zucchini

(makes 4 servings)

Ingredients:

1 zucchini
1 scallion, finely sliced
1 tablespoon vegetable broth
2 garlic cloves, minced
1 teaspoon agave
1 teaspoon hoisin sauce
1 teaspoon Korean red pepper flakes
Sea salt to taste
Sesame seeds

Directions:

1. Cut the end of the zucchini off and then slice in half lengthwise and then cut into thin discs. Blot off any excess water.
2. Heat up the vegetable broth in a skillet and then add the zucchini and stir fry for about 3 minutes to soften.
3. Add the garlic, scallions, and other ingredients and stir.
4. Remove from heat and allow to cool. Add scallions and sesame seeds at the end.