TOFU PANEER
gluten-free, dairy-free

This vegetarian version of a classic Indian dish is easy and delicious. Originally a kid-friendly NY Times recipe, tweaking it with a few of my favorite ingredients made it very friendly for me too. I served it with an organic rice blend of wild and brown rice.

1/4 c olive oil
1 block extra-firm, high-protein organic tofu, cut into 1" cubes and patted dry
1 yellow onion, chopped
1/2 t fresh ginger, peeled and freshly grated
1 large clove garlic, chopped
1 t cumin seeds
3/4 t chile powder such as chipotle chili
1/4 t ground turmeric
3 plum or 12 cherry tomatoes, chopped
1 t salt
2 T almond butter
8 oz frozen peas
3 T non-dairy sour cream
1/2 t garam masala, optional

Pour oil into a large sautée pan. Add tofu cubes, and sautée over medium high heat for a few minutes, turning to cook each side until golden brown, about 10 minutes. Remove tofu and place onto paper towel on a plate to absorb some of the oil. Add to the same frying pan the onion, ginger, and garlic. Cook for 5 minutes, stirring occasionally. Add cumin seeds, chile powder, and turmeric and stir for about 30 seconds.

Add tomatoes, salt and 3/4 cup water to the pan. Simmer about 5 minutes on medium heat to thicken sauce. Lower heat a bit. Add almond butter and stir well. Add frozen peas and tofu to pan and stir until coated. Simmer for about 5 minutes to warm. Stir in sour cream and top with garam masala if using. Enjoy!

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