



Tofu with Carrots, Onions and Hiziki (6-1/2 cup servings)

Hiziki is a fairly potent-tasting seaweed, but it's also among the most nutritious. One way to make it sweeter, gentler and more palatable for your children is to cook it in apple juice. The carrots and onions are also sweet vegetables, making it even more kid-friendly. As always, feel free to add more vegetables to this—snow peas or shitake mushrooms for example—and serve with some brown rice and greens on the side.

Ingredients

Unrefined coconut oil or olive oil—enough to pan fry
½ block firm tofu (calcium fortified), cut into ¼- ½ inch slabs
½ cup hiziki seaweed, soaked for 30 minutes in water
1 cup apple juice
½ cup water
1-2 carrots, cut into small, thin “matchsticks”
1 medium or 2 small onions, sliced thin
1 tablespoon sesame oil
shoyu (naturally fermented soy sauce)*
1 tablespoon white sesame seeds, lightly toasted for a couple of minutes over low flame in a pan
1 tablespoon freshly ground flax meal

Procedure

1. First, pan fry the tofu. Cut the block into slabs somewhere between ¼ and ½ inch and pat them as dry as possible with a paper towel. Add enough oil to the pan so that when you add the tofu slabs, they will be about ¼ submerged. Get the oil nice and hot, but *not smoking*, and then add the tofu, taking care not to crowd the pan—fry it in batches if you have to. The oil should sizzle a lot when you add the tofu. Get one side golden brown, then flip them to brown the other side. Drain on a paper towel. When the slabs are cool enough to handle, cut them into very thin strips (about half the width a your pinkie finger).
2. In a medium pot or sauce pan, sauté the carrots and onions in the sesame oil for about five minutes, until onions are golden.
3. Add the hiziki, apple juice and tofu to the pot, add a touch of shoyu and cook until all the liquid is absorbed, about 20 minutes. Adjust seasonings.
4. Transfer to a serving dish and sprinkle with sesame seeds and flax meal.

A good brand is Ohsawa Nama Shoyu, 100% Organic Unpasteurized Soy Sauce

Basic Nutrition Profile for One Serving (½ cup).....

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|---------------------|----------|
| Kcal | 113 kcal |
| Protein | 4 grams |
| Carbohydrate | 12 grams |
| Fat | 6 grams |
| Saturated Fat | 0 grams |
| Monounsaturated Fat | 2 grams |
| Polyunsaturated Fat | 3 grams |
| Fiber | 2 grams |

This recipe is a great source of.....

Potassium 294 milligrams
Vitamin A 2504 international units
Calcium 100 milligrams
Folate 35 milligrams
Magnesium 54 milligrams
Vitamin K 2 micrograms
Also has a full-range of B-vitamins

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Alpha-carotene, Lutein (Zeaxanthin), Lycopene, Allyl sulfides, Quercetin, Chlorophyll, Genistein, Daidzein, Glucosinolates, Sulfur compounds

Possible Medicinal Benefits of this Recipe.....

This recipe offers a wide range of phytonutrients and is also high in calcium and magnesium... both are needed to support bone growth