

FRUIT NUT CASSEROLE (with rice)

1 large onion, finely chopped

2 cloves garlic, minced*

3 Tablespoons olive oil

1 cup vegetable stock

1 Tablespoon molasses

3 Tablespoons soy sauce

2 Tablespoons peanut butter

1 teaspoon cinnamon

1/2 teaspoon ginger

1 teaspoon cardamom (optional)

1/4 cup raisins

1/4 cup cashew pieces, roasted or lightly toasted

1 lb. extra firm tofu, cut in cubes

2 bananas, cut in bite-size pieces

4 Tablespoons unsweetened, grated coconut for garnish (optional)

3 cups cooked brown rice

Sauté onion and garlic in olive oil until onions are transparent. Add vegetable stock, molasses, soy sauce, peanut butter, cinnamon, ginger, raisins and cashews. Stir until ingredients are well blended.

Add tofu and bananas, stirring carefully and heating through for about five minutes. Serve immediately with rice, garnished with coconut.

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Notes:

- 1) For best results, prepare up to the point where tofu and bananas are added. Right before serving, add tofu and banana and heat through for about five minutes.
- 2) You can adjust the spices to your own taste. Some people like cardamom and nutmeg in this recipe--in place of or in addition to--the cinnamon and ginger.
- 3) *A head or bulb of garlic usually contains about 10 cloves. 1 clove = 1 teaspoon
chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon
garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice