



TOFU WITH TANGERINE CHIPOTLE GLAZE

2 lb. firm tofu

Marinade:

1 c. tangerine juice

1 oz. Ginger, minced

$\frac{1}{4}$ c. rice vinegar

$\frac{1}{4}$ bunch parsley, chopped

$\frac{1}{2}$ bunch cilantro, chopped

1 tsp. chopped fresh thyme

Glaze:

1 c. tangerine juice

5 fl oz. Agave nectar

2 fl oz. shoyu

1 Tbsp orange zest

1 Chipotle pepper in adobe sauce, chopped

Marinated Tofu

Combine marinade ingredients in a small bowl. Cut tofu into 1-inch triangles. Place tofu in a shallow pan and pour marinade over tofu. Marinate for at least two hours or overnight.

In the meantime make the glaze. Combine tangerine juice, agave, and shoyu in a saucepan. Boil until a light syrup consistency. Remove from heat and mix in zest and chipotle peppers.

Remove tofu from marinade and place on a parchment lined sheet pan. Bake at 400 degrees for 20-25 minutes or until golden brown. Brush with prepared glaze and bake an additional 10-15 minutes.

Yield: 12 servings

Nutrition Information: 160 Calories, 3 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 30 gm carbohydrate, 1 gm fiber, 7 gm protein, 590 mg sodium

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**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**