



## **Yoga in the Kitchen presented by YOGAmazing.com**

### **Chef of the Future - Peter Klarman**

#### **After Yoga Ezy Tofu Stir Fry**

##### **Serves 1-2**

Ingredients: Organic or in season

1 Pkg. 8oz Pre-cut Assorted Vegetables – Broccoli, Asparagus, Green & Yellow Squash, etc..

Yellow Onion – 1 Med. Small Diced

1 Pkg. Extra Firm tofu – use ½ pkg. medium diced

Extra Virgin Olive oil 3 Tbsp.

Thyme – Minced, Fresh or dried

Sea Salt TT (To Taste)

Cayenne Pepper - 1 pinch

#### **Equipment:**

Chef's knife, cutting board, prep bowl, large skillet, wooden spoon, colander, measuring spoons, serving platter. And a yogi with a healthy appetite.

#### **Directions:**

Prepare all vegetables. Warm skillet on medium heat and add olive oil. Set aside tofu to drain. Add onions and sauté for 2 minutes and add in thyme. Mix in tofu cubes and stir occasionally for 5 – 8 mins. If necessary, add more olive oil to coat bottom of the pan.

Add remaining vegetables and cook until slightly tender. Add sea salt and cayenne pepper, mix, platter and serve.

Bon Appetit!