



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Tofu with aubergines and tomato**

**Suggestions: a dish rich in iron and calcium with a satisfying taste, easy to make and perfect for Summer days when you don't feel like spending much time cooking!**

### **Instructions**



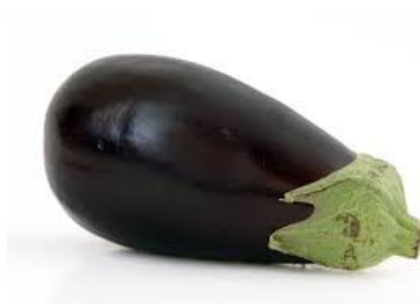
**diced tofu**



**olive oil**



Heat in a pan some extra virgin olive oil with some diced tofu, let it cook for a while and add some coconut cream flakes to it.



**black olives**



**capers**



**fresh peppercorns**

After some time add some diced aubergines, black olives, capers and some fresh green pepper corns.



**tomato sauce**



**basil**

Let it cook until the vegetables soften a bit and then add some tomato sauce. When it is ready to eat, serve it with some chopped fresh basil on top.



If you like this recipe, I would like to read your comments!  
Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)