

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Leeks and tomatoes

Suggestions: a very tasty, quick to prepare autumnal dish full of minerals like phosphorus, iron, magnesium, calcium, potassium, sodium, zinc, manganese and vitamins of the B group, A, C, E, K and beta carotene.

Instructions

**extra virgin
olive oil**



leeks



Cherry tomatoes



black olives



Heat some extra virgin olive oil in a pan and put some leeks chopped in chunks, some cherry tomatoes that you have chopped in half, some black olives and let it all cook for a little while.



sea salt



diced tofu

Add some fine slices of lemons, some salt and black pepper and let it cook until the vegetables are soft. If you want to make it as a main dish you can add some diced tofu to it so that you can have some protein too.

Another alternative would be to add some premarinated tofu to it and mix it all together.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com