

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Tofu with tomatoes and olives

Suggestions: a dish very quick to make and perfect for summer. It is rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium, copper, beta carotene and zinc and vitamins of the B group, vitamin C, E, K and A.

Instructions

extra virgin
olive oil



diced tofu



ginger powder



balsamic vinegar



Heat in a pan some extra virgin olive oil with some diced tofu. Let it cook for a while and add some tamari, ginger powder and balsamic vinegar.

Cherry tomatoes



rosemary

black olives



After some time add some sliced cherry tomatoes, some rosemary and black olives.

Let it cook until the vegetables soften and the tofu gets golden.

Add some extra tamari if required, if you like it spicy, you can add some more ginger powder or some black pepper.



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

Contact me on www.flyinginspiration.com