



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Tofu Spiedies

Serves 4

Ingredients:

8 ounces extra-firm tofu cubes	1 sweet onion, sliced
½ red pepper, sliced	1 Tbsp. olive oil
½ green pepper, sliced	non-stick cooking spray
1 cup spiedie marinade (see recipe below or store bought)	

Directions:

1. Remove the tofu from the package and drain the excess water by placing the tofu on a plate lined with paper towels and letting it sit for 15-20 minutes. Then cut the tofu into 1-inch cubes and place the cubes in a medium-size mixing bowl.
2. Pour the Spiedie Marinade over the tofu and allow it to marinate for at least 30 minutes (works great to marinate overnight!).
3. In a skillet heat the olive oil and then sauté the peppers and onions, until the onions are caramelized and the peppers are tender.
4. Lightly coat a separate medium-size skillet with cooking spray, and then heat the skillet over medium heat. Remove the tofu from the marinade with a slotted spoon and sauté it in the skillet, turning gently with a spatula, until it has browned on all sides, about 20-30 minutes.
5. Serve tofu with the peppers and onions.

Spiedie Marinade

Yield: 1 cup (16 Tbsp)

Ingredients:

¼ cup extra-virgin olive oil	1 Tbsp. dried parsley
⅓ cup white vinegar	1 Tbsp. dried basil
2 Tbsp. freshly squeezed lemon juice	1 tsp. dried oregano
3 cloves garlic, peeled and minced	½ tsp. garlic powder
½ tsp. ground sea salt	½ tsp. freshly ground black pepper

Directions:

1. Whisk together all the spiedie sauce ingredients.
2. Place in a container, cover and refrigerate until using.