

Spiced Tofu with Wild Rice, Fresh Orange and Vegetables  
(serves 4)

1 package firm tofu  
2 T olive oil  
2 C wild rice (extra is used for dinner)  
1 T chopped shallot  
1 tsp. olive oil  
2 1/2 Cups chicken stock or water  
1 tsp. chopped thyme  
1 tsp. chopped parsley  
1 C sliced carrot  
1 C sliced snow peas  
2 oranges  
2 T Thai Chili Sauce  
S and P to taste

1. Slice tofu into large cubes and season with salt and pepper and steam for 5 minutes. Remove and drizzle with 1 tsp. of olive oil and set aside.
2. Using a small sauce pan on medium heat, add remaining 2 tsp. olive oil and cook shallots for 2-3 minutes. Season with salt and pepper.
3. Add wild rice and stir for 3-4 minutes.
4. Add stock or water, bring to a simmer, cover and cook till tender (45-50 minutes).
5. Once the rice is tender, add thyme and parsley and TASTE. Cut rind off orange and cut into segments. Reserve remaining orange.
6. Heat a medium sauté pan on high. Add 2 tsp. olive oil, carrots and snow peas. Cook 3-4 minutes. Remove from heat and add tofu and orange segments. Add Thai Chili sauce. TASTE
7. To serve, pour vegetable tofu mixture over rice and squeeze remaining orange pieces over the top.