

## Indonesian Tofu Satay

2 cloves garlic  
1" cube fresh ginger root, peeled

$\frac{1}{4}$  cup boiling water  
2 Tbsp. soy sauce  
2 Tbsp. peanut butter  
2 tsp. honey  
 $\frac{1}{2}$  tsp. ground coriander  
 $\frac{1}{2}$  tsp. vinegar or lemon juice  
 $\frac{1}{8}$  tsp. cayenne (more is better!)

1 lb. tofu

1 Tbsp. oil

**C**hop the garlic and ginger root in a food processor. Add everything except tofu and oil and process until smooth. Slice the tofu into  $\frac{1}{2}$ " slices. Spread the oil on the bottom of an 8" x 8" pan. Pour a thin layer of sauce into the pan, then arrange the tofu slices in a single layer. Pour over the rest of the sauce. Let sit to marinate at least one hour.

Bake at 375° F. for 20–25 minutes. Serve with rice and vegetables.

4–6 servings

**Per serving: 138 calories; 9g protein; 8g fat; 6g carbohydrate; 0mg cholesterol**

**Source: Tofu Cookery by Louise Hagler (The Book Publishing Company, 1990), ISBN 0-913990-76-0**