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Tofu Magic Stir Fry

By Kevin Doberstein

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Start of article.

Tofu Magic Stir Fry

Mention tofu at home and the family's faces wench. Mention it in a small crowd, you better find protection fast. Here's a tofu recipe for a teasing stir-fry. This naturally lean cuisine is very low in carbohydrates. I hope you enjoy Tofu Magic Stir-Fry.

The difference between a good stir-fry and an awesome one is using fresh vegetables instead of frozen. Take the tofu out of the box. Please be cautious when taking it out. It is naturally wet, slippery and makes a distinct plop sound when it hits the floor. Let us keep that on the down low. Thanks. Cube the tofu into ½ inch pieces and set aside. Also slice up the vegetables and set aside. Cut up the chicken breast into strips and brown in an olive oil coated fry pan. After the chicken has browned add the fresh vegetables, tofu and stir in about ½ cup of stir-fry sauce. Keep stirring it until the sauce mixes with all the ingredients. Cover to keep the moisture inside the pan and check every few minutes. It should be ready to eat in about 10 minutes. Serves about 4 people.

1 box of Silken Extra Firm Lite Tofu
1 package of Mann's Sunny Shores fresh broccoli & cauliflower
House of Tsang Classic Stir Fry Sauce
2 yellow zucchinis
1 large onion.
1 chicken breast
2 cups of mushrooms

Tofu Magic Stir Fry

Note: You can use any fresh packaged broccoli & cauliflower, stir-fry sauce and extra firm lite tofu, depending what is available.

When I was a young child, my aunt Selma would make me a tofu sandwich. I would just dive into that incredible tantalizing goodness. After I would finish my lunch I would say to my aunt Selma "can I please have more tofu?" Now Kevin, you know that too much tofu will make you nuttier than a squirrel falling in a pickle barrel. Ah shucks.

The thing about tofu is that it basically has no taste. When you cook it with other foods, it tends to take on the flavor of the foods you cook it with.

I'm just kidding about the sandwiches. My aunt Selma thinks tofu is a hairstyle from Paris.

Kevin Doberstein has been a natural bodybuilder for the past 25 years. 15 years as a gym owner. Kevin enjoys working out at the Main Street Gym in northern Wisconsin. Kevin was once quoted "pass me the tofu sandwiches please and give me a double helping of that broccoli." For more articles about bodybuilding, bodyshaping and nutrition you can visit his site and join his newsletter at www.nature-boy-bodybuilding.com. You can contact him at natureboy_bodybuilding@hotmail.com.

Celebrating Diwali Stir Fry Sauces For Fast And Festive Foods

By News Canada

(NC)—Diwali, the five-day fall 'Festival of Lights', begins on October 25 and Canada's Hindu communities will celebrate in the traditional manner – decorating their homes with lights, handing out sweets and sharing festive meals with their friends and families.

Food is an important part of the Diwali celebrations. Most Hindus are vegetarians but like all the people of India, they prepare their foods with great care using rich blends of herbs and spices to produce the wonderful aromas and flavours of food from the sub-continent.

Traditionally, foods are enriched with ghee (clarified butter), cream and nuts. Lentils and saffron rice are served generously as families honour their guests and encourage a festive spirit.

Long hours spent in preparation and cooking can be reduced dramatically for the busy families of today by using the many pre-blended sauces available on the market. For example, Sharwood's line of Stir Fry sauces can be used to produce delicious versions of favourite Indian dishes in as little as 10 minutes.

You have a choice of several. Tikka Stir Fry sauce blends aromatic spices with tomatoes, yogurt and garlic, which will marinate and tenderize all kinds of meat. A variety of spices and seasonings blended with cream make Curry Stir Fry sauce a mild explosion of taste which is ideal for chicken, shrimp or vegetables.

Tofu Magic Stir Fry

Tandoori dishes are a world-wide favourite. If you don't have the clay tandoor oven needed to produce tandoori chicken or shrimp the way professional chefs do, Tandoori Stir Fry sauce is an excellent substitute. Just stir fry your meal with a few tablespoons of the sauce. You'll have a dish fit to celebrate Diwali or any other festival.

You will find plenty more ideas and suggestions on the Internet at www.sharwoods.com.

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