

Broccoli Tofu Linguini

1 lb linguine or fettuccini

About 1 head of broccoli

1 block firm tofu

¼ - ½ cup olive or grapeseed oil

6-8 cloves garlic

1 cup shredded cheddar, Colby or cheese of your choice



Cut tofu into ½ inch cubes. Cut broccoli into manageable pieces. Steam these two critters together. Boil pasta. In a small frying pan, heat oil and mince garlic into the heated oil. Continue to cook the garlic until it's browned, stirring occasionally with a fork. Drain pasta and put it into a large bowl; add broccoli and tofu. Distribute garlic and oil over the dish and gently mix. Add additional oil if desired.

Comments: Garlic and broccoli are the highlighted flavors, and the tofu and pasta pick up on them. The flavor of most olive oils doesn't hold up well over high heat so we use the somewhat less expensive grapeseed oil for this maneuver. It's important that you use firm tofu.