

# Everyday Healthy

SERIES



## Mushroom Tofu Sauce

This sauce is perfect to serve over egg noodles. It is also perfect served over mashed potatoes or squash. This sauce is rich in protein and flavour.

- 2 tbsp (25 mL) **Spectrum extra-virgin olive oil**
- 2 each onions and celery stalks, thinly sliced
- 1 sweet red pepper, diced
- 1/2 tsp (2 mL) dried thyme
- 1 lb (500 g) mixed exotic mushrooms, such as oyster or shitake, trimmed and sliced
- 4 cloves garlic, minced
- 2 cups (500 mL) **Imagine low sodium vegetable broth**
- 1/4 cup (50 mL) reduced sodium soy sauce
- 2 tbsp (25 mL) each **Spectrum balsamic vinegar** and tomato paste
- 1 pkg (500 g) firm tofu, patted dry and cubed
- 2 tbsp (25 mL) butter, softened
- 2 tbsp (25 mL) all-purpose flour
- 1/4 cup (50 mL) chopped fresh Italian parsley

In large deep skillet heat half of the oil over medium-high heat; cook onions and celery for about 10 minutes or until golden. Add red pepper and thyme; cook, stirring for about 5 minutes or until softened. Remove to bowl.

In same skillet, heat remaining oil over medium high heat. Add mushrooms and garlic; cook, stirring for about 8 minutes or until liquid evaporates and mushrooms are golden. Return onion mixture to pan. Add broth, soy sauce, balsamic vinegar, tomato paste and tofu; cook for 5 minutes stirring gently.

Meanwhile, combine butter and flour. Add to skillet and stir until completely melted and sauce is thickened. Add salt and pepper to taste. Stir in parsley.

Makes 4 to 6 servings.

## **Indian Vegetable Curry**

Vegetarian dishes are prevalent throughout the world. This has a smooth mild curry taste to it. To spike up the heat increase the curry paste to 4 tsp (20 mL) or 2 tbsp (25 mL). Serve with **Casbah Whole Wheat Couscous** to round out the meal.

1 tbsp (15 mL) **Spectrum canola oil**  
2 onions, cut in wedges  
3 cloves garlic, minced  
1 tbsp (15 mL) chopped fresh ginger  
1 tbsp (15 mL) mild curry paste or powder  
1 tsp (5 mL) cumin seeds, crushed  
3 cups (750 mL) **Imagine vegetable broth**  
2 sweet red peppers, chopped  
2 cups (500 mL) broccoli florets  
8 oz (250 g) green beans, cut into 1-inch pieces  
1 zucchini, chopped  
1 can (14 oz) **YVES garbanzo beans, drained and rinsed**  
1/4 cup (50 mL) chopped fresh coriander

In large saucepan, heat oil over medium heat. Cook onions, garlic, ginger, curry paste and cumin seeds for 5 minutes or until softened. Add broth and bring to boil.

Add peppers, broccoli, beans, zucchini and chickpeas. Cover and simmer for about 15 minutes or until vegetables are tender-crisp. Add salt and pepper to taste. Sprinkle with coriander.

Makes 4 servings.

## **Sundried Tomato Pesto Pasta**

This quick pasta dish is reminiscent of the Italian favourites showcasing tomatoes, peppers and herbs in the sauce.

1 tbsp (15 mL) **Spectrum extra virgin olive oil**  
1 pkg (340 g) **YVES veggie ground round**  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 1/2 cups (375 mL) diced tomatoes with juices  
1 tsp (5 mL) dried oregano  
1/2 tsp (2 mL) dried basil  
1/2 cup (125 mL) sundried tomato pesto  
1/4 cup (50 mL) finely chopped sundried tomatoes in oil  
2 tbsp (25 mL) each capers and chopped fresh Italian parsley  
1 box (226 g) **Arrowhead Mills Gluten Free Rice Penne Pasta**  
2 tbsp (25 mL) grated Parmesan cheese

In large skillet, heat oil over medium heat and cook ground round, onion and garlic for 3 minutes or until softened. Add tomatoes, oregano and basil and bring to boil. Reduce heat and simmer for 5 minutes. Stir in pesto, sundried tomatoes, capers and parsley and cook for about 5 minutes or until thickened.

Meanwhile, in large pot of boiling salted water, cook pasta for about 8 minutes or until tender but firm. Drain and return to pot. Add sauce and toss to coat. Sprinkle with cheese.

Makes 4 servings.