

Highlands

Bluebird Cuisine

Sweet and Spicy Teriyaki Tofu

28 oz	Organic Super Firm Tofu (drained, ½ cubes)
6 Tbsp	Cornstarch
½ tsp	Granulated Garlic
¼ tsp	Ground Ginger
2 Tbsp	Vegetable Oil
1 ½ cup	Vegetable Broth
1 ½ Tbsp	Low-sodium Soy Sauce
1 cup	Granulated Sugar
3 Tbsp	Pineapple Juice
1 ¼ tsp	Rice Wine Vinegar
1 ¼ tsp	Ginger (peeled and Grated)
1 ¼ tsp	Garlic (minced)
¾ tsp	Crushed Red Pepper
¾ Tbsp	Lime Juice
1 ½ Tbsp	Water
1 ½ tsp	Sriracha
¾ tsp	Sesame Seeds
1 cup	Pineapple (1/2 in. cubes)
1 ½ Tbsp	Green Onion (cut on bias for garnish)

Directions:

1. Drain and press tofu on a paper towel.
2. While tofu is draining, sweat garlic and ginger in small saucepan on medium heat for 1-2 minutes.
3. Deglaze pan with soy sauce and vegetable stock.
4. Add granulated sugar, pineapple juice, and rice wine vinegar and bring to a boil.
5. Reduce to a simmer, then add crushed red pepper, lime juice, and 1 TBSP cornstarch. Return to a boil to thicken, if too thick, thin with up to 1.5 TBSP water.
6. When sauce is desired consistency; add sriracha, sesame seeds, and pineapple.
7. Turn sauce to low while frying the tofu.
8. Use remaining cornstarch, salt, granulated garlic, and ground ginger to coat the tofu.
9. Heat oil in a large sauté pan over medium high heat.
10. Fry the tofu flipping until each side is golden brown.
11. In a medium bowl toss tofu in hot, thickened sauce right before service.
12. Serve 1 cup of Tofu and pineapple over quinoa "fried rice" and garnish with green onion.

Quinoa Fried Rice

1 cup	Brown Rice
1 cup	Tri-color Quinoa
4 cups	Vegetable Broth
¼ tsp	Granulated Garlic
¼ tsp	Ground Ginger
¼ tsp	Red Pepper Flake
2 ½ Tbsp	Unsalted Butter (divided)
2 each	Eggs (whisked)
¾ cup	Carrots, Medium (peeled and small diced)
½ cup	White Onion (small diced)
1 cup	Green Peas (frozen)
1 ½ tsp	Low-sodium Soy Sauce
1 ¼ tsp	Toasted Sesame Oil

1. In a saucepan bring broth with brown rice and quinoa to a boil stir until rolling boil.
2. Reduce heat to low, cover completely and cook for 15 minutes or until brown rice is tender.
3. Heat 1.5 TBSP butter in large skillet or sauté pan on medium heat until butter is melted.
4. Add Carrots to the skillet and sauté for 6-8 minutes
5. onion, peas and sauté for 5 minutes or until veggies are tender.
6. Add 1 Tbsp butter and add whisked egg.
7. Scramble egg, stirring constantly for 1-2 minutes.
8. Add Sesame oil and heat on high.
9. Add Cooked rice/quinoa and soy sauce and cook for 2-3 minutes.
10. Reduce the heat to low and cook for 8 minutes or until 165F.
10. Use ring mold or shape rice into a circle on the plate and top with sweet and spicy Tofu (recipe A).

Stir-fried Vegetables

Ingredients:

1 ½ Tbsp	Sesame Oil
½ cup	Bell Pepper, Red (diced)
½ cup	Bell Pepper, Yellow (diced)
½ cup	Zucchini (quartered and sliced)
½ cup	Snap Peas
¾ cup	Carrots (peeled and sliced)
½ cup	Mushrooms (sliced)
¾ cup	Broccoli (chopped into ½ in pieces)
¼ cup	Baby Corn, canned
¼ cup	Water Chestnuts, canned
1 ½ tsp	Green Onion (Cut on bias)
¾ tsp	Sesame Seeds
½ tsp	Granulated Garlic
½ tsp	Ground Ginger
½ tsp	Red Pepper Flake

Directions:

1. Add oil over medium high heat to large skillet.
2. Add carrots and sauté for 4- 6 minutes (until not as crunchy).
3. Add the seasoning, the rest of the veggies, and turn on high, stir-frying for 3-4 minutes
4. Serve in a line adjacent to entree (recipes A and B) and garnish with green onion and sesame seeds.