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Our Heart "Beets" Plant Strong

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Shake 'n' Bake Tofu

- 14 oz. block Extra Firm/Firm Tofu
 - 1 Tbsp Tapioca Flour (or cornstarch/arrowroot)
 - 1/4 cup Flour of your choosing
 - 1/2 tsp Onion Powder
 - 1 tsp Ginger Powder
 - 1/4 tsp Cayenne
1. Preheat Oven to 375°F
 2. Chop tofu into small blocks
 3. Combine all ingredients (other than Tofu) in a container with a lid or gallon Ziplock bag
 4. Add tofu to container, seal and shake it up!!
 5. Pour coated Tofu onto parchment paper lined baking sheet
 6. Bake for 25 minutes or until lightly browned

**to match your tofu with recipe of choice, change the dry seasonings to match the cuisine style being made*

**makes 4-5 servings*

Orange Ginger Stir Fry Sauce

- 3 Tbsp low sodium tamari (or coconut aminos)
 - 1 cup water
 - 1 ½ Tbsp cornstarch
 - 1 Tbsp agave
 - 2 tsp rice vinegar
 - 2 inch peeled ginger root
 - 4 cloves garlic
 - 2 peeled cutie oranges
 - *optional additions: onion powder, cayenne/sriracha
1. Combine all in a food processor or blender and blend until a smooth sauce is formed
 2. Add to a small sauce pan, and bring to a slow boil - stirring occasionally with a whisk
 3. Once boiling, reduce heat to a simmer and continue to stir occasionally until sauce begins to thicken
 4. Turn heat down and continue to stir until desired consistency is reached
 5. Serve right after or store in a container in the refrigerator for 1 week

**makes 6-8 servings of sauce*

**can thin with more water if needed.*