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Our Heart "Beets" Plant Strong

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Tofu Tikka Masala

Tofu Nuggets

- 2 blocks tofu, pressed and torn into chunks (1 block = 450g)
 - 1/2 cup plain dairy free yogurt
 - 1/2 tsp ground turmeric
 - 1 tsp garam masala
 - 1 tsp ground cumin
 - 1/2 tsp coriander
 - Juice of 1 lemon
 - 2 tbsp low sodium tamari
 - 1 inch fresh ginger, grated
 - 2 cloves garlic, minced
1. Preheat oven to 400F.
 2. In a bowl add all ingredients except tofu and whisk together to combine.
 3. Add tofu chunks and carefully toss together using a spatula.
 4. Place pieces on a lined baking sheet and bake for 15 minutes.
 5. Flip pieces and then bake for an additional 10 minutes then set aside.

Tikka Masala

- 1/2 medium onion, diced
 - 3 cloves garlic, minced
 - 1 inch ginger, grated
 - 2 tsp ground cumin
 - 1 1/2 tsp garam masala
 - 1 tsp chili powder
 - 2 tsp coriander
 - 1/4 tsp cardamom
 - 1/4 tsp cayenne pepper (optional)
 - 1 15 oz can crushed tomatoes
 - 1 cup water
 - 1 3/4 cup light coconut milk or almond/soy milk
 - 1 tbsp maple syrup
1. Start by sautéing onion in a pan over medium heat with a pinch of salt, cook until translucent.
 2. Add in garlic and ginger and sauté again until fragrant.
 3. Add a splash of coconut milk and add cumin, masala, chili, coriander, cardamom, and cayenne and sauté until fragrant. Add in tomatoes, water and maple syrup.
 4. Bring to a low simmer, cover with a lid and cook for 10 minutes.
 5. Stir in coconut milk and then fold in your roasted tofu chunks.
 6. Cook for an additional 5 minutes and then serve with some basmati rice.