

Pineapple Tofu Stir Fry

3 Tbsp. pineapple juice	7 ounces extra-firm, water-packed tofu , drained, rinsed
1 cup Deacon's Pineapple Salsa	1 tsp. cornstarch
5 tsp. rice vinegar	3 tsp. Extra Virgin Olive Oil (EVOO), divided
1 Tbsp. soy sauce	1 Tbsp. minced garlic
1 Tbsp. ketchup	2 tsp. minced ginger
2 tsp. brown sugar	1 large red bell pepper cut into ½-by-2-inch strips

Note: Cut tofu into ½-inch cubes; separate and drain on layers of paper towels for 10 to 15 minutes.

Whisk the pineapple juice, vinegar, soy sauce, ketchup and sugar in a small bowl until smooth. Place tofu in a medium bowl; toss with 2 tablespoons of the sauce. Let marinate for 5 minutes. Add cornstarch to the remaining sauce and whisk until smooth.

Heat 2 teaspoons EVOO in a large nonstick skillet over medium-high heat. Transfer the tofu to the skillet using a slotted spoon. Whisk any remaining marinade into the bowl of sauce. Cook the tofu, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer the tofu to a plate.

Add the remaining teaspoon EVOO to the skillet and heat over medium heat. Add garlic and ginger and cook, stirring constantly, until fragrant, about 30 seconds. Add bell pepper and cook, stirring often, until just tender, 2 to 3 minutes. Pour in the sauce and cook, stirring, until thickened, about 30 seconds. Add the tofu and salsa and cook, stirring gently, until heated through, about 2 minutes more.