

Italian Noodles with Sun-Dried Tomatoes

2 pound of firm tofu

Drain, cut into tiny triangles. Cook in non-stick pan on medium high (gas stove) or medium (electric stove) in a little olive oil, stirring frequently until golden brown on most sides. Set aside.

1 pound of rice noodles

Boil separately al dente according to package directions. Drain well, rinse with cold water, set aside.

1 head of garlic, minced

1/4 cup olive oil

The oil from an eight-ounce jar of sun-dried tomatoes that have been packed in olive oil

Sauté the garlic in this oil on low for 4-5 minutes until cooked. Do not burn.

2 heads of broccoli, cut into florets

1 green bell pepper, sliced or cut into chunks

1 red bell pepper, sliced or cut into chunks

Add vegetables to pan. Coat with olive oil/garlic for a minute. Add to following to the pan:

1 1/2 cups red, white or rosé wine (or use water if you don't want to use wine)

2 teaspoons sugar

1/2 teaspoon dried oregano

Toss with vegetables. Cover with a lid and steam for about 4-5 minutes until vegetables are just barely tender. Add:

the 8 ounces of sun-dried tomatoes referenced above

1 cup julienned strips of fresh basil

2 teaspoons of salt

1/4 teaspoon black pepper

The previously cooked tofu

Heat for a minute. Add the noodles. They will probably be too long. Cut them with a pair of ultra-clean kitchen scissors until it's possible to mix the noodles thoroughly with the vegetables. Sauté for a minute or two until the noodles and tofu are heated through. Serves 4-6.