

Red Thai Tofu

Serves: 4

Ingredients:

1 block extra-firm tofu

1 tsp oil

1 red bell pepper, seeded and sliced thinly

½ cup sliced shallots

4 cloves garlic, minced

1 Tbsp minced fresh ginger

1 Tbsp Thai red curry paste

½ cup water

2 Tbsp soy sauce

1 Tbsp light agave nectar

15 leaves fresh Thai basil

Directions:

1. Preheat a cast-iron or heavy-bottomed nonstick skillet over medium heat. Spray it with a little nonstick cooking spray.
2. Add the tofu and cook for about 10 minutes, flipping it with a thin spatula occasionally, until it is browned on most sides. The thin spatula is important, because you should be able to slip it underneath the tofu and flip it easily, keeping the tofu intact. About midway through, drizzle with 2 tsp of the soy sauce and toss to coat.
3. Remove tofu from the pan and set aside. Sauté the red pepper, shallots, garlic, and ginger in the oil, using a little cooking spray if needed. Cook for about 5 more minutes.
4. Meanwhile in a small bowl mix the curry paste, water, remaining soy sauce, and agave. Add the tofu back to the pan along with the curry mixture. Cook for another 5 minutes.
5. Add the Thai basil and toss to wilt. Serve!

Bhutanese Pineapple Rice

Serves: 4

Ingredients:

1 cup Bhutanese red rice, prepared per package directions (use brown rice if that is what you have)

1 tsp olive oil

1 small red onion, diced small

4 cloves garlic, minced

1 Tbsp minced ginger

Pinch of salt

2 tsp Thai red curry paste

1 Tbsp water

1 Tbsp soy sauce

2 tsp agave nectar

½ cup lightly packed fresh cilantro, chopped, plus extra for garnish

1 ½ cup diced pineapple (about ½-inch dice)

Directions:

1. Preheat skillet over medium heat. Sauté the onion, garlic, and ginger in the oil with a pinch of salt for about 5 minutes, until the onion is translucent.
2. Meanwhile, in a small bowl, mix together the curry paste, water, soy sauce, and agave.
3. Add the cilantro to the skillet and sauté just until wilted about a minute. Add the cooked rice and drizzle in the curry paste mixture.
4. Toss to coat completely and cook for about 3 more minutes.
2. Add the pineapple and cook just until heated through. Serve garnished with extra cilantro.

Green Beans with Thai Basil

Serves: 4

Ingredients:

1 tsp olive oil

1/4 cup thinly sliced shallots

2 tsp minced fresh ginger

3 cloves garlic, minced

1 lb. green beans

1/4 tsp red pepper flakes

1 tbsp soy sauce

1 tbsp agave nectar

2 tbsp freshly squeezed lime juice

About 15 leaves fresh Thai basil

Directions:

1. Preheat a large skillet over medium high heat. Sauté the shallot in oil for about 5 minutes, or until translucent.
2. Add the garlic and ginger and sauté for about 30 seconds more.
3. Add the green beans and cook for about 5 minutes, stirring often.
4. Add the red pepper flakes, soy sauce, agave, and lime juice. Cook for around 5 more minutes, stirring often. The green beans should still have some crunch.
5. Stir in the basil, turn off the heat, and let the basil wilt. Serve.

Fruit Salad

Serves: 8

Ingredients:

1 1/2 cups sliced strawberries or raspberries

1 1/2 cups diced cantaloupe

1 1/2 cups diced pineapple

1 1/2 cups diced honeydew melon

1 cup blueberries

1 cup halved grapes

1/2 cup pomegranate arils

1 teaspoon fresh lime zest

3 Tablespoons fresh lime juice

Fresh mint, for garnishing

Directions:

1. In a large bowl, toss together the strawberries, cantaloupe, pineapple, honeydew melon, blueberries, grapes and pomegranate arils.
2. In a separate small bowl, whisk together the lime zest and lime juice. Add the dressing to the bowl with the fruit and toss to combine.
3. Garnish with fresh mint leaves and serve immediately or store, covered securely with plastic wrap, in the fridge.