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DIET CENTER

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TOFU STEAKS WITH TOMATO-OLIVE SAUCE

Final Lifestyle

Ingredients

2 TSP olive oil
1/4 TSP crushed red pepper
2 garlic cloves, minced
2 cups canned, crushed tomatoes
3 TBS chopped pitted Kalamata olives
3 TBS chopped fresh flat-leaf parsley
1/8 TSP freshly ground black pepper
cooking spray
1 pound extra-firm light tofu, drained and cut lengthwise into 4 slices

Instructions

1. Heat oil in a medium saucepan over medium heat. Add red pepper and garlic, and cook for 1 minute.
2. Stir in tomatoes. Bring to a boil. Reduce heat and simmer 10 minutes.
3. Add olives. Cook for 1 minute. Remove from heat. Stir in parsley and black pepper. Keep warm.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 tofu steak and ½ cup sauce = 1 P, 1 FT