

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Navapai County

Tofu Tikka Masala

Perry Erwin, the Shoe Chef

Makes 4 big skewers (4 servings)

For the Masala:

- 1 cup water (more if needed)
- ½ cup chickpea flour
- 3 tablespoons Perry's Curry Mixture
(see separate recipe)
- 1 tablespoon garam masala (a spice mix that
can be purchased in natural foods stores)
- Pinch of salt, to taste
- Cornstarch, to thicken, if needed

For the Tikka:

- 2 large, whole tomatoes, cut into 1 inch pieces
- 1 small green cabbage, cut into 1 inch pieces
- 2 green bell peppers, cut into 1 inch pieces
- 2 red onions, cut into 1 inch pieces
- 1 package of extra-firm tofu, drained and cut into
1 inch pieces

Directions

To make the Masala: Place a large skillet on the stove over low heat. Mix the chickpea flour and water in the skillet and heat to make a roux (a base for gravies and sauces). The roux should look like thin gravy. Add the curry mixture, garam masala and salt to taste. Add cornstarch, if needed, to thicken. Remove the skillet from the heat. Add the vegetables and tofu to the skillet and let everything marinate for 30 minutes or longer.

To make the Tikka: Using metal or bamboo skewers, place the vegetables and tofu as follows: cabbage, tomato, onion, tofu, green pepper, etc. Cap the end with a piece of cabbage. Drizzle the remaining masala sauce onto the skewers. Grill on each side for about 5 to 10 minutes, just enough to soften the vegetables and make nice grill marks on everything.

Serve by itself, on rice, couscous or on a bed of greens.



**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 1 SKEWER SERVING:

Calories	168
Protein	10 g
Carbohydrate	22 g
Fiber	7 g
Fat	4 g
Sodium	197 mg
Potassium	720 mg

Also a very good source of
Vitamin A, Vitamin C, beta
carotene, calcium and folate

Cost per serving: \$1.75