

Apricot-Glazed Tofu with Asparagus & Pumpkin Seed

Serves 4

Glaze: ¼ cup apricot preserves
1 tablespoon soy sauce
1 teaspoon whole grain mustard
1 tablespoon chicken or vegetable stock
¼ teaspoon minced garlic or garlic powder

2 tablespoons olive oil, divided
1 package (16 oz) firm tofu – cut into ½ " squares
1 bunch asparagus, trimmed and cut into ½" rounds
¼ cup toasted pumpkin seeds

Combine glaze ingredients, set aside. Heat large skillet and add oil. Sauté tofu till browned – a couple minutes. Remove from pan. Add remaining oil, sauté asparagus a couple minutes till bright green. Add back tofu and add sauce. Sauté till thickened and combined. Garnish with pumpkin seed.