

Hot & Spicy Tofu Dip

Author: Cal-a-Vie's Gourmet Spa Cookery



Carolyn T's
Main Cookbook

Servings: 20

Yield: 2 1/2 cups

Notes: The recipe says to serve as a dip for artichokes or an array of vegetables. Also works well with crackers, baked pita bread. Could also be used as a topping for plain food (vegetables, grilled chicken) or baked potatoes..

Preparation Time: 15 minutes

1. Have all ingredients ready beside your food processor. Allow tofu to drain a few minutes before beginning. Start the motor and add the jalapeno pepper and allow to mince finely. Add garlic cloves in same manner. Then add cilantro, green onions, juices, cumin, soy sauce and sweetener.
2. Cut tofu into smaller chunks and add to bowl, then process until smooth.
3. Chill for several hours. Will keep for many days.

- 1 pound tofu, soft
- 5 cloves garlic
- 1 small jalapeno chile pepper, seeded
- 1 bunch fresh cilantro, rinsed and drained
- 1 bunch green onion
- 2 tablespoons fresh lime juice
- 2 tablespoons orange juice
- 1 tablespoon ground cumin
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon honey, or Splenda, or brown Sugar Twin

Categories: Appetizers, Cold Food, Picnic

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 25 Calories; 1g Fat (38.5% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

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