

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



TOFU WITH SESAME AND CHIA SEEDS

By Manuela Perez and Matthew Rangel
of B-Blossom Catering

Serves 4–6

Ingredients:

- 1 pound extra firm Organic tofu
- ¼ cup Chia seeds
- ½ cup Sesame seeds
- ¼ tsp Basil
- ¼ tsp granulated garlic
- ¼ tsp granulated onion
- ¼ tsp Sea salt
- ⅓ cup oil
- Add salt and pepper to taste
- Pepitas

Instructions

Cut tofu into equal portions. Season with salt and pepper, then set aside. In a spice blender, grind sesame seeds. Remove sesame seeds and set aside. Add chia seeds, basil, garlic, onion and sea salt. Coat tofu with ground seed and herb mixture. In a nonstick sauté pan over medium heat, cook the tofu for 3–4 minutes or until golden brown, turning to cook both sides.

Optional: serve with tomato and avocado salsa (recipe to follow).

TOMATO AND AVOCADO SALSA

Serves 6–8 portions

Ingredients:

- 1 pound tomato, seeded and diced into medium-sized pieces
- 1 avocado, pitted and diced into medium-sized pieces
- 1 jalapeno, deseeded and finely diced
- 2 tablespoons red onion, finely diced
- ½ cup cilantro, roughly chopped
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon cumin

Instructions

Add all ingredients to a bowl and toss, to mix.