

Blueberry-Lemon Tofu w/ Udon Noodles

by Cyndi Long, ©June 2012. Please email clphoto@clstudios.com for recipe corrections/suggestions.

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Ingredients:

1 block extra firm tofu (frozen/thawed/pressed) following previous [tofu prep](#) instructions
Flavor-infused olive oil or Pam spray for cooking (optional)

1 cup filtered water
2 Tbsp honey
1 lg juicy lemon (plus zest, optional)
1/2 tsp onion powder
1/2 tsp dill (or more, to taste)
1/2 cup fake (or real) sour cream
salt/pepper to taste

3 handfuls blueberries (rinsed)
3 stalks green onion (rinsed and cut into 1/4" pieces)
Udon noodles, enough for 2-3 servings (prepare according to directions while tofu is cooking)

Tofu Prep:

Prepare the tofu by freezing/thawing/pressing/cutting as mentioned in my directions for [tofu prep](#). Basically, you need your tofu block to have as much water pressed out (so it will absorb the marinade) before proceeding.



Slice the tofu however you like. I prefer bite-sized pieces that will allow the most marinade in.



A look at the ingredients needed for this recipe.

Marinade:

In a saucepan, heat water, honey, juice of lemon (and some lemon zest if you want) until boiling. Simmer 10 minutes. Take off of heat.



A look at the finished marinade.

Place your cut-up tofu in a single layer and cover 1/2 way with marinade (save other 1/2 for the sauce.) Because the tofu is a sponge, it will soak up pretty quickly. Use 3 or more dashes of dill. Flip tofu to coat. Cover until ready to cook.



Make the sauce:

(Optional- save a few tablespoons of marinade to baste tofu during cooking.)
Combine remaining marinade with sour cream, onion powder, and remaining dill.
Salt/pepper to taste.

Cook the tofu:

You can bake, sauté or fry- whatever you want. The end result should be golden brown.
Remember, you can use a little marinade to baste with to keep from drying out while cooking.

If sautéing, I suggest medium heat with a garlic or lemon infused olive oil.
When baking, use a non-stick pan at 400°, flipping after approximately 7 minutes.
Dill, salt and pepper (or whatever spice you like) can be added to taste.



Optional- save a few tablespoons marinade to baste with during cooking.



Final Step:

**Toss tofu, noodles and sauce.
Fold in blueberries and green onion.**

Makes 2-3 servings. Enjoy!

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