



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Mushroom Tofu Medley

- 1 Bell Pepper, chopped
- 2 Shallots, chopped
(or 1 Yellow Onion, chopped)
- 2 stalks Celery, chopped
- 3-4 cloves Raw or Roasted Garlic, chopped
- 4 Green Onions, chopped
- 12 Fresh Asparagus Spears, 1" cuts
- 8 oz. Fresh Shitake Mushrooms, sliced
- ¼ cup Sliced Almonds, or Chopped Pecans
- ¾ package Firm Tofu, drained, rinsed, and cubed
- 8 oz. Tomato Sauce (or Vegetable Stock)



1. Sauté bell pepper, shallots, celery, onions, garlic, and nuts in olive oil until beginning to soften.
2. Add asparagus and mushrooms. Sauté for 3-5 minutes.
3. Add tomato sauce and tofu cubes. Cook for 5 more minutes.
4. Serve over brown rice or mixed whole grain pilaf dish.

Tip: If fresh asparagus is not available, try substituting with fresh green beans or thin cut broccoli.