



# 2 Recipes from the DCD Kitchen

Guacamole and Cilantro Lime Tofu Marinade

# Just in Time for The Kentucky Derby and Cinco de Mayo...

- 2 Nutritious and delicious recipes from the Kitchen...
- Jack's signature guacamole and his baked tofu
- We hope you enjoy these versatile and healthy vegetarian options which can be served as a dip, added to a salad, featured on their own, or as a side.
- As we have learned, the healthy fat in avocados slows the digestive process and keeps us satiated for longer.
- And, tofu is a great source of protein, which also helps us stay feeling full.
- Maybe try them together!
- Thanks to Jack and Karen for sharing these recipes with us!!

# Guacamole (Serves 8)

- 6 avocados sliced and mashed
- 1/2 extra large sweet onion or red Bermuda onion, finely chopped
- 1 large tomato, finely chopped
- 1 bunch cilantro, finely chopped
- Juice of 1/2 large lemon & 1/2 large lime
- 2 tablespoons minced garlic
- Season with a dash of salt, pepper, onion powder, garlic powder, red crushed pepper, Adobo seasoning
- Drizzle all of the above with olive oil
- Mix all together! (Feel free to add more or less of your favorite ingredients to your own taste.)

# Cilantro Lime Tofu Marinade (Serves 8)

- Extra firm tofu, 2 packages. Drain, cut into bite sized cubes, and set aside in a large ziplock bag.
- 4 oz. Greek plain nonfat yogurt
- 1 small handful cilantro (whole is fine with stems going into blender)
- $\frac{1}{2}$  clove of garlic
- Few dashes: salt, pepper, adobo all purpose seasoning, garlic powder, onion powder, red crushed pepper
- Few squirts of sriracha
- Juice of  $\frac{1}{2}$  lime
- $\frac{1}{2}$  ounce olive oil
- Blend above in food processor or hand immersion blender
- Pour yogurt mixture over tofu and rotate ziplock bag every 15 minutes or so for 45 minutes to an hour to coat tofu. Put marinated tofu onto a cookie sheet lined with parchment paper (spray with pam so tofu doesn't stick).
- Preheat oven to 350, bake for 30-40 minutes until golden and edges start to become crunchy. Let cool and enjoy!