

Spaghetti with Garlic Sauce

One package firm tofu, cut in smallish squares.

Fresh garlic, cut up, or chopped garlic in a jar.

Olive oil

Basil, oregano

Broccoli florets(no stems), cauliflower, Brussels sprouts (cut in half, unless they're tiny)

Optional vinaigrette

Do this in a baking pan in the oven, or in a large frying pan on the stove. The stove is messier and you're standing over a hot stove; on the other hand, you don't have to turn on the oven. This recipe is for the oven. If you use a frying pan, you have to heat the oil first.

Heat the oven to 400 degrees. Line the baking pan with foil and then pour in a lot of olive oil and the tofu. Bake for 20 minutes, then add chopped garlic, a lot of basil, some oregano, and a swig of salad dressing. Mash things around gently so the tofu is pretty well covered. Bake for 10 more minutes, then add the vegetables and cook for about another ½ hour. Add more olive oil if it seems dry, and stir occasionally until the vegetables are cooked.

Cook the spaghetti for 9 minutes in boiling water with a little salt. Drain and add to the tofu/veg mix. If necessary, add some olive oil. Serve with a lot of parmesan cheese. Yum. I'm going to go make some now.