

Apple Sauce Tofu Balls

Summary

Yield Servings

Source <http://www.wailana.com/lifestyle/recipe/apple-sauce-tofu-balls>

Prep time

Cooking time 30 minutes

Total time 30 minutes

Description

Easy to make, these attractive and unusual tofu balls go well with steamed jasmine rice for a light but elegant meal.

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Ingredients

--Tofu Balls:

1 1/2 c

olive oil

1/3 c

Green beans, finely diced

1/3 c

Celery, minced

1/2 c

Zucchini, cut into 1/4 inch cubes

1/3 c

Water chestnuts, finely diced

1 1/2 c

Firm tofu, well drained

1 Tbsp

Peanut butter

1 Tbsp

Soy sauce

1 Tbsp

Fresh parsley, minced

1 Tbsp

Whole wheat or unbleached white flour

--Fruit Sauce:

1½ c

Fresh apple juice, or unsweetened bottled

1¼ c

Fresh orange juice

1 Tbsp

Fresh lemon juice

¾ Tbsp

fresh ginger juice*

1 Tbsp

Raw sugar

1 Tbsp

Bragg liquid aminos

1 Tbsp

Cornstarch mixed with 1 Tbsp. water

Instructions

1. Preheat the oven to 350° F. Heat the oil in a skillet and sauté the vegetables on medium heat until tender. Transfer to a large bowl. Press the tofu lightly against a sieve to remove any excess water, then mash and add to the vegetables along with the remaining seasonings. Mix until thoroughly combined.
2. Form the mixture into 8 balls, about golf ball size. Place on an oiled tray and bake until light golden, about 15 minutes. Turn the balls over and bake the underside until light golden, about 10 minutes. Avoid overbaking or they will become chewy.
3. Place all the sauce ingredients except the cornstarch mixture in a small saucepan and bring to a boil. Add the cornstarch mixture and whisk constantly until thickened. Remove from the heat. Taste and adjust the sugar if needed. Serve on top of the tofu balls.

Notes

*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

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