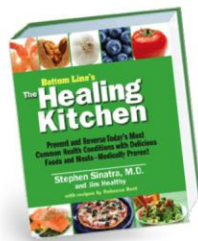


# The Healing Kitchen

## A Recipe from



## DR. SINATRA'S SPICY TOFU KEBABS WITH PEAR RELISH

Sweet pears and spicy chili sauce flavor this tasty Asian tofu kebab. When grilling, it's important not to burn your food- then it will be rendered unhealthy. This dish can also be prepared in a large skillet instead.

*\*Choose organic items whenever possible\**

- 1 teaspoon light [olive oil](#)
- 1/3 cup peeled and finely chopped shallots
- 1 whole pear, cored and finely chopped
- ½ cup [pomegranate juice](#)
- 1 heaping teaspoon chili sauce
- 1 tablespoon sesame oil
- 1 tablespoon finely chopped parsley
- 1 tablespoon water
- 15 ounces extra-firm tofu, cut into 1-inch cubes
- 2 large red [onions](#), peeled, root end intact and sliced into 8 wedges (make sure each wedge has a piece of the root end so that it will hold together)

To prepare the relish, heat the olive oil in a small pan over medium heat. Sauté the shallots and pear until they are tender, about 7 minutes. Reduce the heat to low and stir in the pomegranate juice. When the relish is well blended, remove from the heat, transfer to a bowl and place in the freezer to chill quickly. In a large resealable plastic bag, combine the chili sauce, sesame oil, parsley and water. Mix gently, making sure the chili sauce is well distributed. Add the tofu and onions and seal the bag. Heat a gas grill to medium. As the grill heats, scrape the grates clean then wipe with a towel dipped (but not dripping) in olive oil. When the grill is hot, remove the onions from the bag and grill them for 5 minutes. Thread the tofu cubes onto 8 metal skewers, place them on the grates and grill for about 2 minutes per side. The onions are done when they are tender. The tofu is done when it has grill marks on both sides. Remove the relish from the freezer. Mound the onions onto a platter, slide the kebabs off the skewers and place atop the onions. Top with the cool relish and serve. Serves 4.

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)

© 2010 by Stephen Sinatra, MD, Jim Punkre and Rebecca Bent. All rights reserved. Reprinted with permission from Bottom Line Books.