

## **Sauteed Tofu with spring vegetables and za'atar**

Za'atar is a beautiful, green-tinged spice mix popular all over the Middle East. The version I found near me lists thyme, sesame, salt, sumac, cilantro, and soya oil on the label, but different versions will likely vary in their composition. I sprinkled mine in a quick lunch using what I found in the fridge, but next time I'm scattering it in olive oil and eating it for breakfast.

Makes 2 lunch-size servings

1 lemon  
3 baby artichokes  
2 tablespoons olive oil  
6 spears asparagus, ends snapped off, stalks cut in 1" lengths on the diagonal  
1 cup small cauliflower florets  
1 cup diced firm tofu  
1/4 cup vegetable stock  
1 tablespoon za'atar

Squeeze 1/2 the lemon into a bowl of cool water. Pull off and discard the green outer leaves of each artichoke. When you come to the point where the leaves are tender and soft, half green and half yellow, use a sharp, heavy knife to cut off the top (green) portion and discard. Slice the stem level with the base. Quarter the artichokes lengthwise. Remove any purplish inner leaves or any bits of fuzz. Toss the artichoke halves in lemon-water.

Heat a large skillet over medium-high heat. Add the olive oil, asparagus, cauliflower, and tofu; remove the artichokes with a slotted spoon, pat dry, and add them to the skillet, too. Saute for about 5 minutes, shaking the pan occasionally. Add the stock and za'atar, and bring to a boil. Cover, lower the heat, and simmer gently until the vegetables are done to your liking. (I like mine quite al dente.) Spoon into shallow bowls, and squeeze with the remaining lemon half. Serve hot.