

---

# Tofu Poke

## Description

I love my vegetarian friends and family (my daughter eats NO meat). This can get challenging at times, but there are some vegetarian dishes that are so good even the carnivorous type will take a bite or two. This Super Bowl Sunday, try serving poke that everyone can cheer about!

Total time: 15 min Yield: 4 servings as an appetizer

## Ingredients

1 lb extra firm tofu (cut into ½" cubes)  
1 cup fresh ogo seaweed (rough chopped)  
1/4 cup sweet white onion (diced)  
1" piece of fresh ginger (finely minced or grated)  
1 Hawaiian chili pepper (seeded and minced)  
2 Tbsp toasted sesame oil  
1 tsp shoyu  
1/2 tsp salt (Kosher salt works best)  
fresh ground black pepper (to taste)

Prep Time: 15 min Total Time: 15 min

## Instructions

Combine all the ingredients in a bowl and toss to combine. Either serve immediately or store in the refrigerator until ready to serve.

## Recipe brought to you by:

Chef Michi Watarai

## Source:

Chef Michi Watarai