

## Pineapple Tomato (“Hawaiian Pizza”) Tofu

*Yield 4 servings / Prep time 20 minutes*

2 tablespoons neutral-tasting oil  
2 tablespoons tomato paste  
3 cloves garlic, sliced  
1 block tofu, blotted dry and cubed  
Salt  
One 20-ounce can pineapple chunks in juice  
2 teaspoons honey  
¼ medium red onion, sliced into thick wedges or strips  
Freshly cooked rice  
1 small serrano or other fresh chili, thinly sliced

*I haven't tested this yet, but a 20-ounce can of pineapple chunks typically contains about 2 cups of fruit and ½ cup juice. If you want to use 2 cups of fresh pineapple chunks instead, you'll need to add ½ cup pineapple juice.*

*If using water-packed tofu, you may want to drain it by wrapping it in a clean towel and weighing it down between a cutting board and a heavy skillet for 10 to 15 minutes. I buy Hodo Foods firm tofu, and it only needs to be blotted dry.*

1. Set a wide skillet over medium heat, and when hot swirl in the oil. Add the tomato paste and garlic, cooking until the paste darkens a shade and is fragrant, about 2 minutes. Add the tofu, arranging it in an even layer, and sprinkle liberally with salt. Cook without disturbing it so as to encourage it to develop some sear marks, 3 to 5 minutes. Flip, sprinkle the opposite sides with salt, and repeat.

2. Add the contents of the canned pineapple (including the juices) as well as the honey. Stir gently to combine and raise the heat slightly if needed so that the liquid is actively simmering, and cook until the juices reduce and thicken, 7 to 10 minutes. Add the red onion, then remove from the heat (I like the texture of raw onion here; if you wish to have it cooked, add it about halfway through cooking down the liquid). Taste, adding additional salt as needed. Serve hot over rice, garnished with the chili.