**THAI TOFU**

2 cups brown rice  
1/2 cup peanut butter (gluten free)  
1/4 cup water  
1/4 low-sodium soy sauce  
2 tbsp rice vinegar  
2 garlic cloves, minced or 1 tbsp garlic powder  
1 lb package extra-firm tofu, cut into cubes  
1 16 oz package frozen stir-fry vegetable mix  
Optional Toppings: Sesame seeds, chopped peanuts, chopped scallions

Preheat oven to 350 degrees. Coat a baking dish with cooking spray. Cook rice according to package directions. While the rice is cooking, combine the peanut butter, water, soy sauce, vinegar and garlic in saucepan. Stir over low heat until smooth and creamy.

Add the tofu to the sauce and pour into the prepared baking dish. Bake the tofu for 20 minutes. While the tofu is baking, cook the vegetables according to the package directions. Remove the tofu from the oven, stir in the hot vegetables, and serve the mixture over hot rice. Top with optional toppings if desired.