

## Diet

The Balinese diet is generally healthy. Most Indonesian dishes make use of leaves, roots, spices, and grasses to add a variety of contrasting flavors to simple foods. Staples in Bali include rice, yams, tofu (called tahu), peanuts, avocados, and bananas. Most food is served fried.

### Healthy recipe

#### Tahu skewers (serves 4-6)

##### *Ingredients*

1 12-oz. pkg. extra firm tofu, drained and cubed  
2 tbsp. low sodium soy sauce  
1 tbsp. balsamic vinegar  
2 tbsp. peanut butter  
2 tbsp. honey  
1 tbsp maple syrup  
1 tbsp. lemon juice  
1 tbsp. fresh ginger, diced  
3 cloves garlic, crushed  
1 tsp. chili powder  
½ tsp. sesame oil  
2 tbsp. green onion, thinly sliced

##### *Directions*

1. Spread tofu cubes across the bottom of a shallow baking pan. Pour on 1 tbsp. of the soy sauce and the vinegar. Cover pan and marinate overnight or for 4 hours.
2. In a mixing bowl, whisk together the 1 remaining tbsp. soy sauce with the peanut butter, honey, syrup, lemon juice, ginger, garlic, chili powder and sesame oil. Stir the chopped green onions into the sauce.
3. Preheat oven to 400 degrees.
4. Spear the cubed tofu on skewers.
5. Bake the skewered tofu at 400 degrees for 10 minutes, turn over, and bake for 10 minutes more.
6. Brush the baked tofu with the peanut honey sauce. Serve with white long grained rice and avocado slices.