

Baked Tofu



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 10 minutes | **Cook:** 30 minutes

INGREDIENTS

- 2 tablespoons Soy Sauce, reduced sodium
- 1 clove Garlic, minced (or 1/4 teaspoon Garlic Powder)
- 1 teaspoon Ginger, minced, optional
- 1 teaspoon Vegetable Oil, or cooking oil of choice
- 1 package (14 ounces) firm or extra firm Tofu, water packaged

DIRECTIONS

1. Preheat oven to 350 °F. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger, and vegetable oil in a small bowl.
4. Slice tofu into 1/2 inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm.
7. Serve hot in place of meat or cut into slices or cubes and add to stir fry, fried rice, soup, or salad.



Nutrition Information	
<i>Serving Size: 2 slices</i>	
Calories	85
Total fat	5 g
Saturated Fat	1 g
Trans fat	
Cholesterol	
Sodium	300 mg
Carbohydrates	2 g
Fiber	1 g
Sugars	
Protein	9 g

Recipe adapted from: USDA
MyPlate