

BAKED TOFU

Makes: 4 servings | Total Time: 40 minutes

INGREDIENTS

- 1 tofu package 14oz (firm or extra firm, water packed)
- 2 tablespoons soy sauce
- 1 clove garlic or (1/4 teaspoon garlic powder)
- 1 teaspoon ginger or (1/4 teaspoon ginger powder)
- 1 teaspoon vegetable oil

TIP

Serve with dipping sauce; add to salad, stir-fry, or wraps.

INSTRUCTIONS

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Sit can or skillet on top of tofu to press it down so the water will drain. Let it sit for 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 or pancake turner, 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. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.