

BAKED SOY GINGER TOFU

YIELD: 10 SERVINGS, 2.2 OZ. PORTIONS (1 oz. equivalent M/MA)

Chef Sam Icklan

Tofu is one of my favorite ingredients for a lot of reasons. One, it takes on any flavor you can throw at it, so it's the perfect match for bold flavors like ginger, garlic and soy sauce. Two, it's loaded with protein and low in saturated fat, making it a great choice for vegetarians, vegans and even for those just looking to cut back on how much meat they eat. This tofu makes a great topping for salads, in wraps and sandwiches, on top of rice, in soups, or on its own alongside your choice of vegetables and whole grains to make a complete, delicious plant-based meal!

INGREDIENTS

- 22 oz. extra firm tofu, drained and pressed to remove excess water
- ¼ cup low-sodium soy sauce
- 3 cloves (1 TBSP) fresh garlic, minced
- 2 TBSP fresh ginger, minced
- 2 TBSP rice vinegar
- 1 TBSP honey
- 2 tsp chili paste, such as Sriracha sauce

DIRECTIONS

1. Cut tofu into $\frac{1}{2}$ " cubes and set aside.
2. On a medium sized bowl, combine soy sauce, garlic, ginger, rice vinegar, honey and chili paste and whisk well.
3. Add tofu to bowl and stir gently to coat, being careful not to break up tofu. Cover and keep refrigerated for at least 30 minutes. While the tofu is marinating, preheat oven to 375°F.
4. Prepare a sheet pan with parchment paper and arrange tofu on sheet pan in a single layer by lifting tofu out of the marinade, leaving the liquid behind.
5. Bake in oven for 10 minutes, turning once during cooking. Bake for another 5-10 minutes until tofu is turning golden brown at the edges.
6. If serving hot, serve immediately or hot hold for service. If serving cold, allow tofu to cool and store for later use.

RECIPE NOTES

Nutritional information*: 68 calories; 0.37 g sat. fat; 262 mg sodium; 4.04 g carbohydrate

* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.

