

Crispy Baked Tofu

Tofu is a great source of lean protein and nutrients, such as calcium and isoflavones. One serving of tofu can supply over half of your Recommended Dietary Allowance (RDA) for calcium!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 package	Tofu, Extra Firm (14-16 oz)
1 Tbsp	Soy Sauce, reduced sodium
2 Tbsp	Cornstarch
½ tsp	Black Pepper, ground
½ tsp	Coriander Powder
½ tsp	Garlic Powder
½ tsp	Ground Ginger
1 Tbsp	Olive Oil

CHEF'S NOTES

If you want a firmer bite of tofu, press the tofu for a few minutes before tearing. Pressing the tofu removes the liquid from the tofu and helps tofu hold its shape. This is usually done by placing the tofu between layers of paper towels or dishtowels on a plate, weighed down with objects such as cans of food or a pan.

Coating the tofu in cornstarch before baking gives it a satisfying crunch on the outside with a soft chewy texture on the inside!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line one half-sheet tray, one with parchment paper & one with paper towels.
2. Drain the brine from the tofu package. Tear the block of tofu into irregular bite-sized pieces. Place the torn tofu onto a paper towel lined sheet tray and cover with another layer of paper towels. Using your hands, lightly press to remove excess liquid.
3. Transfer the torn tofu pieces to a medium mixing bowl. Drizzle with soy sauce and toss to combine. Sprinkle the cornstarch and spices over the tofu and toss until the starch is evenly coated and there are no powdery spots. Lastly, drizzle with olive oil. Toss to combine.
4. Add the tofu to the parchment lined sheet tray and spread into an even layer. Bake for 20-25 minutes until golden brown and crispy. Serve with your favorite sauce and enjoy!

Nutrition Facts

4 servings per container

Serving size ~3.5 oz (112g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 1.8mg 10%

Potassium 20mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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