

# 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 Allowances (RDA) for calcium!*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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## INGREDIENTS

1 package	Tofu, Extra Firm (14 oz)
2 tsp	Soy Sauce, reduced sodium
1 Tbsp	Olive Oil
¼ tsp	Black Pepper, ground
¼ tsp	Coriander Powder
¼ tsp	Garlic Powder
¼ tsp	Ground Ginger
2 Tbsp	Cornstarch

## CHEF'S NOTES

Pressing the tofu removes the liquid from the tofu and helps tofu hold its shape when it is cooked. 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 375°F.
2. Drain the extra brine from the tofu package and cut the block of tofu into 1" planks. Lay the planks on a paper-towel lined small sheet tray or plate, and cover with another layer of paper towels. Place another tray or on top. Use a large can or heavy pan to weigh down the tofu. Set aside and let sit for about 5 minutes.
3. Transfer the pressed tofu planks to a cutting board and cut into bite-sized cubes. Transfer the cubes into a medium sized mixing bowl or one-quart container with a lid. Drizzle the tofu with soy sauce, olive oil and spices. Toss to combine.
4. Sprinkle the cornstarch over the tofu and toss until the starch is evenly coated and there are no powdery spots.
5. Pour the tofu onto a parchment lined baking sheet and spread into an even layer. Bake for 20-25 minutes until golden on the edges. Serve with your favorite sauce and enjoy!

# Nutrition Facts

8 servings per container

**Serving Size** about 2 oz (55 g)

Amount per serving

**Calories** 70

% Daily Value \*

**Total Fat 4.5g** 5%

Saturated Fat 0g 2%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 60mg** 3%

**Total Carbohydrate 3g** 0%

Dietary Fiber less than 1g 2%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 5g** 10%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.01mg 0%

Potassium 0mg 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.

