

Moroccan Spiced Tofu



This easy, delicious tofu is perfectly crisp on the outside and coated with a homemade spice blend that adds a rich depth of flavor. Try pairing this recipe with a side of couscous or quinoa salad and your favorite vegetable.

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

1 package	Extra Firm Tofu
1 tsp	Paprika, regular or smoked
½ tsp	Cumin, ground
¼ tsp	Brown Sugar
¼ tsp	Cardamom
¼ tsp	Ginger, ground
¼ tsp	Salt, Kosher or Sea preferred
1/8 tsp	Allspice, ground
1/8 tsp	Black Pepper, ground
1/8 tsp	Cinnamon, ground
4 tsp	Olive Oil

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.

Tofu acts like a sponge, absorbing the flavors used to prepare it. This allows for versatility of many flavor options when cooking with tofu. This recipe utilizes a Moroccan spiced oil blend, but additionally could be prepared with a creole seasoning blend, taco seasoning, or a curry spice blend.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Drain the tofu from its package and cut the tofu into rectangle planks about ½ -inch thick.
3. Press the extra water from the tofu by placing the planks on a paper-towel lined sheet tray or plate and cover with another layer of paper towels. Place an additional tray or plate on top with a heavy object to help squeeze out the moisture. Move to the side and let sit for about 5-10 minutes, this will allow for crispier tofu pieces when cooking.
4. Meanwhile, in a medium bowl, combine all of the seasonings and the 4 tsp of oil, stirring well to blend.
5. Cut the pressed tofu planks into cubes and combine with the seasoning and oil blend until the mixture evenly coats the tofu.
6. Heat a large non-stick sauté pan over medium heat and once hot, add the tofu pieces to the pan.
7. Reduce the heat to low as to not burn the spices and allow the tofu to gently cook for 4-5 minutes, continuing to toss the tofu in the pan.

Nutrition Facts

4 servings per container

Serving size 1/2 cup diced tofu (106g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 2mg 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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