



Baked Tofu

INGREDIENTS

- 2 pkgs firm tofu (14 oz each)
- 4 tbsp low-sodium tamari
- 1 tsp garlic powder
- 1/4 tsp liquid smoke (optional)
- Spray oil or parchment paper
- Ground black pepper

METHOD

1 Prep. Preheat the oven to 350°F (175°C). Drain the tofu. Wrap the tofu block in a clean kitchen towel or paper towels. Place on a flat surface and set a board or plate on top. Add weight and press for 15–30 minutes. Slice into 8 to 10 pieces.

2 Marinate the Tofu. In a small bowl, combine the low-sodium tamari, garlic powder, liquid smoke (if using), and freshly ground black pepper. Place the tofu in a shallow casserole dish. Pour the marinade over the tofu. Marinate for 10 to 20 minutes.

3 Baking the Tofu. Lightly spray a sheet pan with oil or line with parchment paper. Lay the tofu pieces evenly on the tray. Bake for 15 minutes. Flip and bake for another 10 to 15 minutes, until browned around the edges.

Remove from the oven. Let cool. Store covered in the refrigerator for later use.

TIPS & ADDITIONAL INFORMATION

Use baked tofu in sandwiches, soups, or as part of a main meal.

Choose low-sodium tamari when available.

Liquid smoke is a smoke flavoring that you can buy in most large supermarkets (near barbecue sauce), health food stores, or online.