



# Lemon Garlic Tofu



## Ingredients



Adapted from *(Damn Delicious)*

Marinade:	• 1 clove garlic minced	• Kosher salt & pepper to taste
• 1/4 cup vegetable stock	• 1 tsp. Dijon Mustard	Tofu:
• 1 Tbsp. Olive oil	• 1/2 tsp. dried oregano	• 1 container
• 1 Tbsp. Lemon juice	• 1/2 tsp. dried thyme	• 1 Tbsp. oil



## Directions



Yield:

Serving size:

Total cost:

Serving cost:

1. In a flat dish press the tofu to extract the liquid before putting it in the marinade.
2. Whisk the marinade together, then add the tofu and let marinate for an hour or two. Drain and set aside the marinade.
3. Heat the oil in a pan on medium heat. Add the tofu and cook until it is golden brown.
4. Return the marinade to the skillet and boil for 5 minutes. It will reduce and can be used as a sauce.
5. Serve immediately

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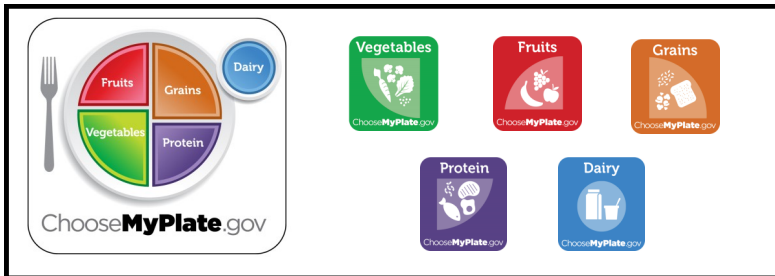
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