



Marinated Baked Tofu



Recipe modified from epicurious.com

Ingredients



- 1 14-16 oz. package firm or extra-firm tofu
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup water
- 1 Tbsp. canola or vegetable oil
- 1 Tbsp. honey
- 2 Tbsp. white wine vinegar
- 1-2 cloves garlic
- 1 tsp. fresh or jarred ginger, or more to taste
- Thyme or oregano (fresh or dried) to taste

Yield: 4 servings
Serving Size: 2 pieces of tofu



Directions



1. Drain the tofu and cut into 8 slabs crosswise. Blot well between paper towels or clean kitchen towels (or use a tofu press).
2. Combine the remaining ingredients in a small bowl and whisk together. Arrange the tofu slices in a single layer in a shallow container or baking dish and pour enough marinade over them to cover. Let stand for an hour or two—the longer the better.
3. Shortly before you'd like to bake the tofu, preheat the oven to 400 F. Remove the tofu from the marinade and transfer to a parchment-lined baking pan in a single layer.
4. Bake for 20 minutes, then turn the strips and bake for 15-20 minutes longer, or until the tofu is firm and starting to turn brown along the edges.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Use ground ginger if fresh is not available. But be careful about how much you use! Use 1/4 tsp. of ground ginger for every Tbsp. of fresh ginger in a recipe.
- Use this tofu to top a salad or grain bowl, cut it into thin slices and eat on a sandwich, or eat on its own with a side of veggies prepared however you like!

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	2 tofu pieces
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 247mg	20%
Iron 2.16mg	10%
Potassium 188mg	4%

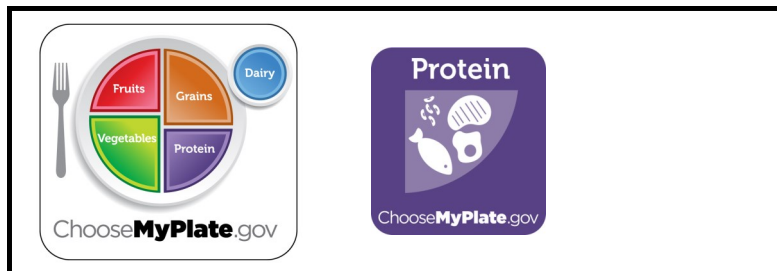
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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