

ASIAN BAKED TOFU BITES

PREP TIME

20 MINS

COOK TIME

30 MINS

SERVINGS

4 - 6

INGREDIENTS

2 LBS (2 BIG CUBES) FIRM TOFU

MARINADE:

3 TB PONZU SAUCE*

1 TSP SESAME OIL

1 TSP HONEY

1/4 TSP GROUND GINGER

*CAN USE SOY SAUCE OR TAMARI

INSTRUCTIONS

1. TAKE OUT THE TOFU FROM ITS ORIGINAL PACKAGE AND RINSE OFF THE EXCESS LIQUID.
2. WRAP EACH TOFU CUBE WITH PAPER TOWEL, AND PRESS* THE TOFU FOR 20 MINS.
3. SET OVEN TO 350F.
4. PREPARE YOUR MARINADE AND PLACE ASIDE.
5. ONCE THE EXCESS FLUID IS PRESSED FROM TOFU, CUT TOFU INTO BITE-SIZE CUBES, ABOUT 1/2 INCH WIDTH.
6. PLACE THE TOFU CUBES IN ONE LAYER AND EVENLY DISTRIBUTED ON A NON-STICK BAKING PAN.
7. BRUSH THE MARINADE ONTO THE TOFU BITE-SIZE CUBES.
8. BAKE TOFU IN THE OVEN FOR 30 MINS OR UNTIL LIGHTLY BROWN ON THE TOP SURFACE.

*TO PRESS THE TOFU WE ARE EXTRACTING THE EXTRA WATER CONTENT OUT OF THE TOFU. YOU CAN DO THIS BY PLACING ANY ITEM LIKE 2 CANNED TOMATOES OR AN EMPTY PIE DISH.

