



## YOUR WHOLE HEALTH

—AN INTEGRATIVE MEDICINE PRACTICE—

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### Marinated Tofu Blocks



Tofu is a nutrient dense food, meaning that there are tons of nourishing macro and micronutrients in a relatively low number of calories. Tofu is an excellent protein source and is one of the few plant-based complete proteins meaning it contains all 9 essential amino acids our bodies cannot make. It is also rich in calcium, iron and vitamin A. Many folks turn their noses at Tofu because it has a reputation for being mushy and tasteless, however when made in small blocks it will absorb the flavor of whatever you marinate it in, and baking at high temperatures for a long time will make it crisp without having to coat it. I love making 2 blocks at a time, so I have it at the ready to put in stir fry, mixed veggies, on a salad, or just pop in my mouth for a snack. Give it a try!

- 2 Blocks Extra-Firm Tofu
- 4 TBSP low sodium soy sauce or liquid aminos
- 4 TBSP rice vinegar
- 1 TBSP honey
- 2 TBSP sesame oil
- 2 TBSP avocado oil
- 1 TBSP minced garlic
- ½ TBSP minced ginger
- Few dashes hot sauce (optional)

Use Tofu press or several paper towels to press water from Tofu

Cut each block into 16 pieces. Mix all ingredients and pour over Tofu. Marinate 30 minutes

Bake at 450 for 40 minutes, turning them over halfway through. Enjoy!