

Marinated Teriyaki Tofu

Ingredients

- 1 (14 oz.) package extra firm tofu, pat dry
- 4 tbsp tamari
- 2 tsp sesame oil
- 1 tbsp honey
- 1 tbsp rice wine vinegar
- 1 tsp grated ginger
- 2 tsp minced garlic



Making it:

1. Shallow dish: Combine marinade ingredients.
2. Lay ½” thick sliced tofu in marinate at least one hour, or overnight.
3. Grill or broil 3-5 minutes on each side until golden brown.
4. Use in sandwiches or wraps, or add to a stir-fry with vegetables and serve over rice or pasta.

Tips and Hints:

- Great in a stir fry with vegetables like bok choy, spinach, carrot and red peppers.

NUTRITION FACTS

Servings: ~ 3
 Serving Size: ½ of
 package ~ 3 oz.

Total Calories	80
Carbohydrate	4 g
Total Fat	3.5 g
Protein	7 g
Fiber	0 g

Prep Time: 10
 Cook Time: 6-10