



Recipes

Tofu and Tempeh

Marinated Baked Tofu

Prep Time: 10 minutes

Marinade Time: 2-3 hours

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

- 1 pound extra firm tofu
- 1 cup sesame oil
- ¼ cup tamari
- 1 tablespoon paprika
- 1 tablespoon sesame seeds
- ½ teaspoon ground ginger
- 1 teaspoon garlic powder

Directions:

1. Slice tofu into 4 1-inch slices.
2. Combine sesame oil, tamari, paprika, sesame seeds, ginger and garlic.
3. Combine until well blended.
4. Marinate tofu 2-3 hours, or overnight in the fridge.
5. Remove tofu from marinade.
6. Bake at 350 degrees for 20 minutes or until done.

Note:

- Serve over brown rice with some leafy greens on the side.