



Recipes

Tofu and Tempeh

Tofu Teriyaki

Prep Time: 10 minutes

Marinade Time: 30 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Ingredients:

½ cup tamari
2 tablespoons fresh ginger
2 tablespoon fresh lemon juice
2 teaspoons honey
2 teaspoons grated lemon rind
1 pound extra firm tofu, cut into ½ inch slices
½ cup whole wheat pastry flour
Black pepper to taste
2 or more tablespoon olive oil

Directions:

1. Combine tamari, ginger, lemon juice, honey and lemon rind in a small bowl.
2. Place tofu slices in a single layer in a baking pan and pour marinade over them.
3. Turn to coat.
4. Allow tofu to marinate at least 30 minutes, or up to two hours in the fridge.
5. Remove tofu and reserve marinade.
6. Combine flour and pepper on a plate.
7. Dip tofu slices into flour mixture, turning to coat.
8. Heat oil in a large frying pan.
9. Brown tofu in oil, about 5 minutes per side, adding oil as needed.
10. When all slices are browned, add reserved marinade and simmer 10 minutes.

Note:

- Add in some steamed or blanched veggies, such as carrots, cauliflower or broccoli in the last few minutes of cooking.