

# Korean Barbecue Tofu

**Serves:** 6

A flavorful plant-based dish with a savory marinade. Perfect when served with rice and vegetables.

## Ingredients

- 1½ lbs. firm tofu, cut into ¼-inch slices

## Marinade

- ½ cup soy sauce or Bragg Liquid Aminos
- 6 Tbsp raw cane sugar or coconut sugar
- 2 tsp dry mustard
- 4 cloves garlic, finely minced (*or ½ tsp garlic powder*)
- 2 tsp onion powder

## For Cooking

- 2 Tbsp oil

## Instructions

1. Slice the tofu into ¼-inch pieces.
2. In a bowl, mix the soy sauce, sugar, mustard, garlic, and onion powder.
3. Marinate the tofu for at least 2 hours (overnight is best).
4. Heat oil in a pan and brown tofu on both sides.
5. Garnish with chopped green onions.

### **Serving Tip:**

Serve with steamed rice, carrots, or broccoli for a complete meal.

### **Nutrition per serving:**

Calories: 187 | Protein: 10 g | Fat: 9 g | Carbohydrates: 18 g

### REFERENCE:

Adapted from *TOFU Cookery* by Louise Hagler

