

Teriyaki Tofu

Serves 6–8

Ingredients

- 2 lb. firm tofu, cut into ½-inch slices
- ½ cup soy sauce or Bragg Liquid Aminos
- 2 cloves garlic, minced
- 2 teaspoons maple syrup or honey
- 2 tablespoons lemon juice
- 2 tablespoons fresh ginger, minced
- 1 medium onion, finely diced
- ½ cup unbleached flour
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- Oil for cooking



Instructions

1. Mix the soy sauce or Bragg Liquid Aminos, garlic, syrup, lemon juice, ginger, and onion.
2. Marinate the tofu for 2 hours.
3. Drain and save the marinade.
4. Mix the flour, salt, and pepper, then lightly coat the tofu.
5. Brown the tofu in a lightly oiled pan.
6. Pour in the reserved marinade and simmer for 10 minutes.

Serving Ideas

- Serve with brown rice or noodles.
- Add steamed broccoli, carrots, or green beans.

- Garnish with spring onions or sesame seeds.

Nutrition Benefits

- Tofu provides plant-based protein.
- Ginger and garlic add flavor and antioxidants.
- Serving it with vegetables creates a balanced meal.
- Using less oil makes the dish lighter.

Approximate nutrition per serving: 246 calories, 12 g protein, 16 g fat, and 16 g carbohydrates.

REFERENCE:

Adapted from *TOFU Cookery* by Louise Hagler