



# Marinated Tofu

## Ingredients

- 2 lbs. firm tofu
- ½ cup tamari or soy sauce
- 2 Tbsp olive oil
- 2 Tbsp water
- ¼ cup lemon juice
- ¼ cup maple syrup/honey or other sweeteners
- 2 tbsp sliced scallions
- 2 tbsp minced garlic
- Ground black pepper to taste



## Directions

1. Mix all ingredients in a bowl (except tofu) and set aside.
2. Cut tofu into appropriate size pieces for whatever dish you are preparing.
3. Place on cookie sheet sprayed with cooking spray (optional) and cover with marinade.
4. May add chili flakes as desired.
5. Bake at 180°C for 30 to 40 minutes. Let sit in oven until cool.

If you have no oven to bake the tofu, you may use frying pan instead.

1. Fry tofu blocks and set aside.
2. Sauté garlic and add the tofu.
3. Add the marinade and simmer for 5 minutes or until the sauce dries up.
4. May add chili flakes as desired.
5. Add sliced scallion and serve while hot.

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