OVEN-BAKED MARINATED TOFU

Recipe by Stanford Health Improvement Program

Ingredients

- 2 Tablespoons soy sauce or Bragg’s Liquid Aminos
- 1 Tablespoons vinegar
- 1 block of firm tofu

Optional items - may add any combination of the following items:

- 1 teaspoon sesame oil
- 2 teaspoons honey
- 2 teaspoons grated ginger
- Chili sauce or hot sauce (ex: Sriacha) to taste

Directions

1. Drain water out of tofu by wrapping the block in paper towel and placing a heavy pot on top to press out the liquid. Allow to sit for 30 mins. (You may also refrigerate overnight by placing tofu in paper towel and set on a plate in the fridge). Before marinating, squeeze out water and cut into ½ inch blocks.

2. Preheat oven to 350 F. Combine all other ingredients in a medium sized bowl. Add tofu pieces to bowl and allow to marinate for 1 hour, or up to 24 hours in the refrigerator. Occasionally stir the contents so that the tofu evenly marinates.

3. Bake for 30 minutes, then flip pieces and bake for another 30 minutes. Cook until chewy.