

# 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.