

Baked Tofu

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Marinating the Tofu

Pre-heat oven to 350°F (175°C).

To prepare the marinade, in small bowl, combine the tamari, garlic powder, optional liquid smoke and freshly-ground black pepper. Place the tofu in a shallow casserole dish and pour the marinade over the tofu. Marinate for 10 to 20 minutes.

Step 1: Marinating the Tofu

- 8 to 10 pieces firm tofu (approx. 1 lb pack)
- 4 tbsp tamari
- 1 tsp garlic powder
- 1/4 tsp liquid smoke (optional)
- spray oil for pan (or parchment paper)
- freshly ground black pepper

Step 2: Baking the Tofu

First, lightly spray a sheet pan with oil or line the sheet pan with parchment paper if you do not use oil, and layout tofu slabs evenly on the tray.

Place the tray in the oven and bake for 15 minutes. Flip, and cook another 10 to 15 minutes until the tofu is browned around the edges.

Remove, let cool and store covered in the refrigerator to be used in other recipes.

This tofu goes well on sandwiches, in soups, or as part of a main meal. It also works as the base for this delicious Sweet & Sour Tofu.