

Baked Tofu | No-Oil

Swick

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

Step 1: Marinating the Tofu

- 9 to 10 pieces firm tofu (approx. 1 1/2 blocks)
- 5 tbsp low-sodium tamari
- 1 tsp garlic powder
- 1/2 tsp liquid smoke
- freshly ground black pepper

Pre heat oven to 350°F.

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

Step 2: Baking the Tofu

First, using parchment paper or non-stick sheet pan 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.