

Grilled Tofu

Ingredients:

- 1 tbsp. lemon juice
- 4 tsp. extra virgin olive oil
- 3 garlic cloves, minced
- ¼ tsp. black pepper
- 14 oz. extra firm tofu
- 5 tbsp. low sodium soy sauce



| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1/2 cup (113g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 70 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 350mg | 15% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 0g | |
| Protein 9g | |
| Vitamin A 0% | • Vitamin C 4% |
| Calcium 15% | • Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Directions:

1. Place the tofu slices on several layers of paper towels and cover with additional paper towels.
2. Let stand 20 minutes, pressing down occasionally with your hands to squeeze out the water.
3. Place the tofu in a single layer in the bottom of a 13x9 glass baking dish.
4. In a small bowl, whisk together the lime juice, garlic, salt and pepper. Pour mixture over the tofu, stirring to coat all the slices.
5. Cover the baking dish with plastic wrap and place in the refrigerator for at least 4 hours or overnight.
6. When the tofu is marinated and ready to cook: Spray grill rack or pan with nonstick cooking spray. Heat grill or grill pan to medium heat. Place tofu slices on the grill. Reserve the marinade. Grill tofu 3 or 4 minutes on each side, or until the outside is browned and crisp. Return tofu to the baking dish and toss the slices with the reserved marinade.
7. Serve immediately.