

Nutrition Resource Center

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Crispy Spiced Tofu

Makes 4 servings

Recipe by Dr. Amanda Velazquez

Ingredients:

- 1 package Extra firm tofu
- 1 Tb garlic powder
- 1 Tb Cajun spice mix (low sodium if available)
- 1/2 tsp sea salt
- 1 tsp cracked black pepper
- 1 tablespoon Olive oil or canola oil cooking spray

Directions:

1. Preheat oven to 400 degree F.
2. Remove tofu from box, drain liquid well, cut into 1 inch cubes and layout on cutting board.
3. Make spice mixture in separate bowl, mix well. Pour spice mixture on one side of the tofu.
4. Spray a large baking sheet with cooking spray. Flip spice side down of the tofu onto the baking sheet and keep them close together at first so it easy to spice the other side with remaining half mixture of spice.
5. Now that both sides are spiced, spread the tofu out evenly with good amount of space between each piece of tofu (about ½ inch to 1 inch apart). The more crowded, the less likely it is to crisp, flip on cutting board, pour rest of mixture on it so they are well coated
4. Bake for 15mins, then flip tofu. Cook for another 5 minutes until crispy.
6. Serve hot with vegetables, stir-fry, brown rice, or on a salad!

***Can experiment with different spice rubs, Also can consider adding touch of parmesan cheese to spice rub which makes it extra crispy!**

Nutritional Information per serving:

Calories: 131	Carbohydrates: 3g
Total Fat: 7g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 1g
Protein: 10g	Sodium: 320mg