

baked tofu

12-16 ounces of
firm tofu, pressed

1 teaspoon
vegetable oil

1 tablespoon
low sodium
soy sauce

Onion powder
or garlic powder

1. Mix the vegetable oil and soy sauce in a bowl, set aside.
2. Cut tofu in slices or cubes. Place tofu in the oil and soy sauce marinade. Cover and gently shake to coat all sides.
3. Place tofu on a baking sheet that is lightly sprayed with non-stick spray.
4. Bake at 350° F for 10 minutes. Turn slices or cubes over. Bake another 10-15 minutes until tofu is light golden brown and firm.



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