

## Balsamic Tofu

Adapted from [Live-In Kitchen](#) by Lindsay Moe

### Ingredients

- 1 block (14 ounces) firm or extra firm tofu
- 2 tablespoons balsamic vinegar
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon maple syrup (or honey)
- 1 tablespoon canola or olive oil

### Instructions

Set the oven to 400 degrees. Remove tofu from the packaging and drain the water. Wrap your block in a clean paper towel and squeeze to remove some excess liquid.

Slice your block in half so you end up with 2 pieces. Then cut each piece lengthwise by 2 and widthwise by 3 to make about 12 bite-sized cubes per piece (24 total cubes).

In a large bowl, combine vinegar, soy sauce, and maple syrup (or honey). Add tofu and gently mix to combine.

Line a baking sheet with parchment paper or aluminum foil. Evenly grease your sheet with oil. Lay the tofu out in a single layer on the pan.

Bake at 400 degrees for about 20 minutes (flipping the tofu halfway through will help it evenly crisp). The tofu is done when the cubes are slightly crisp with darkened edges.

**Yield:** 2 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 280 kcal

PROTEIN: 21 grams

SODIUM: 280 milligrams

CARBOHYDRATE: 15 grams

FIBER: 1 gram

FAT: 16 grams

SATURATED FAT: 0.5 grams