



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Peanut Tofu

Adapted from lazycatkitchen.com

16 ounces extra firm tofu
2 tbsp peanut butter (natural is recommended)
4 tsp soy sauce, divided
1½ tsp maple syrup
1 tbsp lime juice
1 tsp chili paste (e.g. sambal oelek)
1 tsp toasted sesame oil
Oil for greasing (e.g. canola)

Instructions:

Wrap tofu in a few paper towels and then with a clean kitchen towel. Weigh it down with something heavy, like a cast iron pan or chopping block. Let sit for 30 to 60 minutes.

In a small bowl, combine peanut butter, 2 tsp soy sauce, maple syrup, lime juice, chili paste, and sesame oil; set aside.

When the pressed tofu is ready, set the oven to 400 degrees. Line a baking sheet with foil and grease it with a neutral oil (e.g. canola oil). Slice the tofu in half crosswise into two blocks. Slice each block into 8 equal pieces (you will end up with 16 in total).

Place tofu on the greased baking sheet and spoon the remaining soy sauce onto each slice (about ¼ tsp per piece). Bake 10 minutes then flip each piece and cook another 10 minutes.

Once the tofu is cool enough to handle, coat each piece in the peanut sauce. Broil the tofu for 5 minutes, or until lightly caramelized, rotating the pan halfway through to ensure even cooking.

Notes:

- Pressing the tofu will help improve the texture and enhance the absorption of flavors.
- Avoid letting the tofu sit for longer than 60 minutes due to food safety concerns.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING (4 PIECES):

CALORIES: 170 calories	PROTEIN: 14 g	SODIUM: 390 mg
	CARBOHYDRATE: 5 g	FIBER: 2 g
	FAT: 12 g	SAT FAT: 2 g