



Baked Tofu



Ingredients

1 package, 14 ounces tofu, firm or extra firm, drained
1-2 Tablespoons Chick-it seasoning or Bills Best Chik'nish Seasoning
Olive oil spray

Directions for cubes

1. Cut tofu into $\frac{1}{2}$ or $\frac{3}{4}$ inch cubes. Roll in the seasoning.
2. Spray flat pan lightly. Place tofu cubes on the pan.
3. Bake at 350° for 30 minutes. Turn over and bake 30 minutes more.

Directions for Slices

1. Slice tofu into $\frac{1}{2}$ inch slices.
2. Place slices on oiled pan
3. Sprinkle with Chick-it seasoning. Turn tofu over and sprinkle the other side with Chick-it seasoning.
4. Bake at 350° for 30 minutes. Turn over and bake 30 minutes more.

Serving suggestions: with stir-fry vegetables, with any whole grain, in spaghetti sauce, or as a side dish.

To make firmer tofu for baking, grilling or sautéing, press the water out of the tofu. Place a whole block of tofu or extra tofu on a plate. Put another plate on top of the tofu. Put something of weight on top of the plate. The water will seep out of the tofu onto the plate. Drain off the water periodically. It takes an hour to drain of most of the water, but 30 minutes is enough to get the tofu firm enough for your recipe.

Recipe adapted from *Foods for Thought*, recipe by

Per serving 99 Calories, 7g protein, 7g carbohydrates, 2.5g fiber, 6g fat, 0 cholesterol, 7mg sodium.