



# Baked Balsamic Tofu

Prep: 10 minutes | Chill: 30 minutes | Cook: 30 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 4 tofu triangles

## Ingredients

¼ cup olive oil  
¼ cup balsamic vinegar  
3-4 cloves garlic, minced (about 2 teaspoons)  
1 tablespoon honey or maple syrup  
1 lemon, zested  
1 teaspoon dried basil  
1 teaspoon dried oregano  
½ teaspoon dried thyme  
½ teaspoon dried sage  
½ teaspoon salt  
¼ teaspoon ground black pepper  
1 pinch cayenne  
1 (14- to 16-ounce) block extra-firm or firm tofu, cut into 8 slabs and then cut diagonally into triangles

## Directions

1. In a medium mixing bowl, make a marinade by whisking together the oil, vinegar, garlic, honey or maple syrup, lemon zest, basil, oregano, thyme, sage, salt, black pepper, and cayenne pepper.
2. Transfer the marinade to a quart- or gallon-size zip-top plastic bag.
3. Add the tofu and toss gently to coat with the marinade.
4. Seal the bag, squeezing out as much air as possible.
5. Place in the refrigerator and let marinate, at least 30 minutes and up to overnight.
2. Preheat the oven to 425°F.
3. Line a baking sheet with parchment paper or aluminum foil.
4. Remove the tofu from the marinade and place on the baking sheet in a single layer.
5. Bake until crispy, about 25-30 minutes, flipping halfway through the cooking time.
6. Serve warm.

**Nutrition Facts Per Serving:** Calories: 225 | Total Fat: 18.5 g | Saturated Fat: 3 g  
Sodium: 305 mg | Total Carbohydrate: 9 g | Dietary Fiber: 1.5 g | Protein: 10 g

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