

Crispy Garlic-Ginger Tofu

Prep: 30 minutes | Cook: 15 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 (16-ounce) block of extra firm tofu
¼ cup low sodium soy sauce
2 cloves garlic, minced (or ¼ teaspoon garlic powder)
2 tablespoons honey or agave nectar
2 tablespoons water
¼ teaspoon ground ginger
1 tablespoon rice vinegar or white vinegar
2 tablespoons plus 1 teaspoon cornstarch, divided
1 tablespoon vegetable oil

Directions

1. Press the tofu: Line a plate with a paper towel and place tofu on plate. Set another large plate on top of the tofu and weigh it down with a heavy object (such as a large can of vegetables). Allow to press for 15-30 minutes.
2. Meanwhile, in a small bowl make the garlic-ginger sauce by combining the soy sauce, garlic, honey, water, ginger, vinegar and 1 teaspoon cornstarch. Whisk until well combined and set aside.
3. Cut pressed tofu into 1-inch cubes.
4. In a bowl, sprinkle tofu with 2 tablespoons of cornstarch and toss until coated.
5. Heat large skillet over medium-high heat.
6. Add oil and heat until shimmering.
7. Add tofu to skillet and brown on all sides.
8. Stir in garlic-ginger sauce (sauce will begin to thicken).
9. Toss tofu to coat in sauce, stir until crispy and remove from heat. Serve warm.

Recipe Notes

- Leftovers will keep refrigerated in an airtight container for up to 4 days.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 585 mg | Total Carbohydrate: 17 g | Dietary Fiber: 1 g | Protein: 13 g**

Adapted from tablefortwo | Submitted by Alexa Grant, RDN, LDN
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