



Grilled Tofu

Makes: 5 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 (1 lb) block	firm tofu, sliced	1 (454 g) block
2 tbsp	vegetable oil	30 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Place sliced tofu on a parchment-lined baking sheet.
3. Brush with oil, unless otherwise marinated.
4. Bake for 20 – 25 minutes, until golden.

Note: Tofu can be marinated in low-sodium soy sauce and garlic, or BBQ sauce for 1 hour prior to cooking.

Alternate Method

1. Spray a pan with cooking spray and place over medium-high heat.
2. Add tofu. Fry for 10 minutes.
3. Flip and fry other side until golden (about 10 minutes).

Note: Tofu can be marinated in soy sauce and garlic, or BBQ sauce 1 hour prior to cooking.

Nutrition Information	
Serving 90 g (2 oz)	
Calories	110
Fat	8 g
	Saturated 1 g
	+ Trans 0 g
Sodium	35 mg
Carbohydrates	2 g
	Fibre 1 g
	Sugars 0 g
Protein	6 g
	Calcium 30 mg
	Iron 1 mg

Food Guide Servings
1 Meat & Alternative