



Teriyaki Tofu

Makes: 5 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 (1 lb) block	firm tofu, cut into ½ inch slices	1 (454 g) block
2 tbsp	honey, maple syrup, or brown sugar	30 mL
2 tsp	vegetable oil	10 mL
2 tbsp	rice vinegar	30 mL
2 tbsp	reduced-sodium soy sauce	30 mL
2 cloves	garlic, minced	2 cloves
1 tbsp	fresh ginger, grated	15 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix honey/maple syrup/brown sugar with vinegar, soy sauce, oil, garlic, and ginger.
3. Add tofu to bowl and toss to coat. Cover, refrigerate, and allow it to marinate for at least 1 hour.
4. Transfer tofu and sauce to a parchment-lined rimmed baking sheet.
5. Cook until tofu is well-browned and cooked all the way through, about 20 – 30 minutes. Turn tofu once part way through baking.
6. Remove tofu from baking sheet.
7. Pour the liquid from the baking sheet into a small pot. Simmer until thickened.
8. Drizzle sauce over tofu.

Nutrition Information	
Serving 100 g	
Calories	110
Fat	4.5 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	280 mg
Carbohydrates	9 g
	Fibre 0 g
	Sugars 6 g
Protein	7 g
Calcium	40 mg
Iron	1 mg

Food Guide Servings
1 Meat & Alternative