

SWEET AND SPICY TOFU

Serves 4

Ingredients

- 2 teaspoons **Sriracha** hot chili sauce
- 1/2 cup low-sodium **soy sauce**
- 2 tablespoons **maple syrup**
- 2 tablespoons **apple cider vinegar**
- 1 (14-ounce) package of **extra-firm tofu**, pressed and sliced into 1/2-inch cubes

Nutrition Facts*

1 serving

Calories: 169

Protein: 15 grams

Total Carbohydrates: 11 grams

Dietary Fiber: 0 grams

Total Fat: 7 grams

**Nutrition facts are an estimate and vary based on serving size.*



STRONG⁴LIFE



Directions

- 1 Whisk the Sriracha sauce, soy sauce, maple syrup and apple cider vinegar together in a medium-size baking dish (use a flat surface instead of a bowl to evenly distribute the marinade).
- 2 Place the cubed tofu in the marinade and stir until all sides of the tofu are coated with the marinade.
- 3 Allow tofu to marinate for 30 to 60 minutes, stirring halfway through. The longer the tofu marinates, the more flavor it will absorb.
- 4 Preheat oven to 400°F.
- 5 Place tofu in a single layer on sheet pan lined with parchment paper. (Keep the extra marinade to use later, when serving.)
- 6 Bake tofu for 20 to 30 minutes or until it's browned to your liking.
- 7 Drizzle remaining marinade over tofu before serving.



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