



Moroccan Spiced Tofu

This recipe is a quick and easy way to incorporate lots of flavor, and goes well with a serving of couscous!

<u>U.S.</u>		<u>Metric</u>
2 Packages	Firm tofu	794 g
2 Tbsp	Hungarian Paprika	8 g
1 tsp	Sugar, Granulated	5 g
1/4 tsp	Salt	1.25 g
1/4 tsp	Black pepper, ground	1.25 g
1/4 tsp	Ginger, ground	0.75 g
1/2 tsp	Cardamom, ground	0.75 g
1 tsp	Cumin, ground	3 g
1/8 tsp	Cloves, ground	0.35 g
1/4 tsp	Cinamon, ground	0.75 g
1/8 tsp	Allspice, ground	0.35 g
1/8 tsp	Canyenne Pepper, ground	0.35 g
1 Tbsp	Corn Starch	4 g
1 Tbsp	Olive Oil	15 mL

Preparation:

1. Gather all ingredients and equipment.
2. Drain tofu from package. Slice to one inch thickness and place on a papertowel-lined plate or tray.
3. Place another layer of paper towels on top of the tofu. Stack another plate/tray of similar size on top of the tofu and paper towels. Add weight in order to press out water. Let sit for 20 minutes, changing the paper towels as needed.
4. Place all of the spices, corn starch , and 1 Tbsp of olive oil in a small mixing bowl and stir well.
5. When the paper towels are no longer absorbing water from the tofu, remove the tofu from the tray. Rub a generous amount of the spice mixture on each slice of tofu and place on a sheet tray.
6. Spray tofu with cooking spray and place in the broiler until golden brown and crsipy (~5 minutes).
7. When golden on the outside, place the tray in a 350°F oven until warmed through.
8. Serve Warm

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size 4 oz

Amount per serving

Calories 131

Calories from Fat 80

Total Fat 8 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 3.5 g

Cholesterol 0 mg

Sodium 115 mg

Total Carbohydrate 6 g

Dietary Fiber 2 g

Total Sugars 2 g

Includes 0g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 25 %

Iron 15 %

Potassium 269 mg

Phosphorus 167 mg
