## **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

