

# Peanut & Lemongrass Baked Tofu

## Ingredients:

1 block high protein tofu (Trader Joe's – or 2 extra firm tofu pressed)  
 ½ tsp. red chili flakes, optional  
 1 T. sesame oil (if avoiding oil, omit and add a bit more lime, coconut aminos, + maple syrup)  
 2 T. creamy peanut butter (or almond, cashew)  
 6 T. *coconut aminos*  
 3 T. lime juice  
 2 T. maple syrup  
 ¼ tsp. turmeric  
 3 cloves garlic  
 1 Pinch sea salt  
 1 stalk lemongrass, ends removed, chopped into thirds (optional)



\*VEGAN



\*GLUTEN-FREE

**Servings:** 6

## Instructions:

1. Make marinade by adding all ingredients to a *food processor*.
2. Add the sliced tofu marinade in shallow container or baking sheet. Cover and refrigerate for at least 2 hours, preferably 24 hours.
3. Drain off any extra sauce and save it (you may use it for the “fried” quinoa recipe, but you may want to double the sauce in order to have enough)
4. Bake for about 30 minutes at 375 F, flipping once at the halfway point for even cooking
5. This tofu is perfect for adding to Asian-inspired dishes like lettuce cups, spring rolls, salads, and noodle dishes! Store leftovers covered in the refrigerator up to 3 days, or in the freezer up to 1 month.

## Nutrition Facts

6 servings per container  
 Serving size 1/2 cup (115g)

Amount per serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 4g Added Sugars	8%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 155mg	10%
Iron 2mg	10%
Potassium 39mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.