



A Nutrition Resource

BAKED TOFU

Yield: 4 Servings | Serving Size: 2 slices

Cost/Serving: \$0.64

Ingredients:

- 2 Tablespoons low-sodium soy sauce
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 teaspoon minced fresh ginger (optional)
- 1 teaspoon vegetable oil
- 1 (16-ounce) package firm or extra firm tofu, water packed, drained

Directions:

- 1) Preheat oven to 350°F. Line a rimmed baking sheet with foil.
- 2) Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
- 3) While is tofu draining, combine soy sauce, garlic, ginger, and vegetable oil in a small bowl.
- 4) Slice tofu into 1/2-inch-thick slices. Place tofu slices on foil lined baking sheet.
- 5) Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
- 6) Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup, or salad.

Nutrition Facts

4 servings per container

Serving size 2 slices (123g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 135mg 10%

Iron 2mg 10%

Potassium 3mg 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.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION