



Tofu Teriyaki

INGREDIENTS

One 16 ounce tub extra firm tofu

Cilantro, thinly sliced (optional)

TOFU MARINADE

2 tbsp reduced sodium tamari

1 tbsp light olive oil

1 tsp dark sesame oil

1 tbsp honey or maple syrup

2 tsp rice vinegar or white wine vinegar

½ tsp grated fresh ginger or a pinch of ground ginger

2 tsp hoisin sauce (optional)

PREPARATION

1. Combine all ingredients for the marinade in a small bowl and stir together. 2. Cut the tofu into ½ inch thick slices. Blot well with clean towel or several layers of paper towels, then cut each slice through the thickness again to make ¼ inch thick slices. Blot briefly again. 3. Cut each slice into 2 squares, then each square on the diagonal into 2 triangles. Place in a shallow pan and drizzle with marinade. Let stand overnight. 4. Heat a wide nonstick skillet. Transfer the tofu and marinade into the skillet. Cook over medium heat, stirring gently and frequently, until the tofu is nice brown on most sides. 5. Scatter cilantro over the tofu if desired, and serve at once.