



Skillet Tofu

School-Safe, Nut-Free, Dairy-Free

INGREDIENTS

- 1 block extra-firm tofu
- ½ cup olive oil
- 3 Tbsp rice vinegar
- 1 Tbsp maple syrup
- 2 Tbsp low sodium soy sauce
- 3 garlic cloves (minced)
- 1 Tbsp lime juice
- Pinch salt and pepper

DIRECTIONS

1. To press the tofu: take a clean kitchen towel and fold in half. Place one half of the folded towel over a plate. Remove tofu from container and place on top of the towel on the plate. Fold the remaining half of the towel over the tofu block and place a second plate on top. Place a heavy pot with water or some heavy books on top of the plate to press the extra liquid out of the tofu. Let sit for 20-30minutes minimum.
2. In a bowl mix together olive oil, rice vinegar, maple syrup, low sodium soy sauce, garlic, lime juice and salt and pepper. In a pot over medium heat add all ingredients and whisk together until warm about 3-5minutes.
3. Cut tofu block into small cubes and add to the marinade bowl. Use immediately or make ahead and leave in the fridge overnight.
4. Heat skillet on medium high heat and add the entire contents of the tofu bowl into the skillet. Pan fry until crispy, turning as you are cooking until crispy.

VARIATIONS

- Replace rice vinegar with balsamic vinegar.
- Substitute lemon juice for lime juice.
- Add your favourite herbs for a change in flavour.
- Drizzle with a peanut sauce to jazz up the neutral flavour.