



Crispy Baked Tofu Teriyaki Bowl

Recipe Source: www.coffeeandquinoa.com

Serves 3

Ingredients:

For the tofu:

- 1 block firm or extra firm tofu
- 2 Tbsp low-sodium soy sauce
- ½ Tbsp canola oil
- 1 Tbsp cornstarch

For the vegetables:

- 1 lb fresh green beans, trimmed and halved
- 1 red bell pepper, cut in large chunks
- ½ Tbsp canola oil

For the Teriyaki sauce:

- ¼ cup low-sodium soy sauce
- 2 Tbsp rice vinegar
- 2 ½ Tbsp brown sugar or honey
- ½ Tbsp sesame oil
- ½ Tbsp grated fresh ginger
- 1 clove garlic, minced
- ½ Tbsp cornstarch mixed with 2 Tbsp cold water

To serve:

- 2 cups cooked brown rice
- 2 green onions, thinly sliced
- Sesame seeds (optional)

Steps:

- Preheat the oven to 450°.
- **To drain tofu:** Remove tofu from package and cut into bite-sized triangles. Arrange on a cookie sheet layered with paper towels. Top with more paper towels, another cookie sheet, and a heavy skillet to drain for 15 minutes.
- **For the sauce** (while tofu drains): Whisk soy sauce, vinegar, brown sugar, sesame oil, ginger, and garlic in a small saucepan. Stir in the cornstarch/water mixture. Bring to a simmer, stirring, until mixture thickens, 3-4 minutes. Remove from heat and pour into a small pitcher or glass measuring cup.
- **To bake tofu:** In a large bowl, pour soy sauce and oil over the tofu and sprinkle with cornstarch. Toss gently until no dry spots remain. Spray a metal cooling rack with oil, place rack on a cookie sheet, and arrange tofu in a single layer on the rack. Bake until deep brown and chewy, about 25-30 minutes, flipping halfway through.
- **For the vegetables:** On a cookie sheet, toss beans and red pepper with oil. Spread in a single layer. When tofu has about 15-20 minutes left, place vegetables below the tofu, stirring halfway through, until beans are crisp tender.
- To serve, divide rice, tofu, and vegetables among three bowls. Top with sauce, green onions, and sesame seeds.

Tips from the Test Kitchen: Do not use regular soy sauce or this dish will be much too salty – use low-sodium as called for.

Nutritional Facts: per serving Calories: 487, Carbohydrates: 71 grams, Protein: 21 grams, Total Fat: 15 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 1173 mg, Fiber: 8 grams, Total Sugars: 21grams.