



# Tandoori Tofu

---

Recipe Source: [www.eatingwell.com](http://www.eatingwell.com)

## Ingredients:

- 2 tsp paprika
- 1 tsp salt, divided
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground turmeric
- 3 TBSP extra-virgin olive oil
- 1 TBSP minced garlic
- 1 TBSP lime juice
- 2 (14 oz) packages extra-firm or firm water-packed tofu, drained
- 2/3 cup nonfat plain yogurt
- 6 TBSP sliced scallions or chopped fresh cilantro for garnish

## Steps:

- Preheat grill to medium-high heat.
- Combine paprika, ½ tsp salt, cumin, and coriander and turmeric in a small bowl. Heat oil in a small skillet over medium heat. Add garlic, lime juice and the spice mixture. Cook, stirring, until sizzling and fragrant, about 1 minute. Remove from heat.
- Slice each tofu block crosswise into 6 slices; pat dry. Use about 3 TBSP of the spiced oil to brush both sides of the tofu slices. Sprinkle with the remaining ½ tsp salt. Reserve the remaining spiced oil.
- Oil the grill rack. Grill the tofu until it has marks and is heated through, 2-3 minutes per side.
- Combine yogurt with the reserved spiced oil in a small bowl. Serve the grilled tofu with the yogurt sauce, garnished with scallions or cilantro, if desired.

*Tips from the Test Kitchen: Better with only one block of tofu to intensify flavors. Keep all other measures same. Serve with brown rice and grilled zucchini.*

**Nutritional Facts:** per serving Calories: 301, Carbohydrates: 11 grams, Protein: 20 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 2 mg, Sodium: 608 mg, Fiber: 1 grams, Total Sugars: 2 grams.