



## SPICY TOFU

Makes 2 very generous servings.

This dish paired with brown rice makes for a satisfying, nutritious meal. The tofu is baked rather than sautéed making it less caloric and messy. You can also make it earlier in the day and reheat it.

### INGREDIENTS

- 14 ounces firm, organic tofu, drained
- ¼ cup cornstarch
- 1 tablespoon extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

### SAUCE

- 4 tablespoons extra-virgin olive oil
- 2 garlic cloves
- 2 scallions
- 1 inch ginger
- ½ pound cremini mushrooms
- 4 tablespoons water
- 2 tablespoons low-sodium soy sauce
- 3 tablespoons Hoisin (See Note)

- 1 tablespoon maple syrup
- Kosher salt
- Freshly ground black pepper

## PREPARATION

1. Preheat the oven to 450F.
2. Line a small baking sheet with parchment paper.
3. Place the tofu in between layers of paper towels and put a few heavy items on top—such as a cutting board with a few cans on top of it. Change the paper frequently. This will help drain the water out of the tofu. The tofu should be dry.
4. Cut the tofu horizontally into half and then into 1 inch squares.
5. Season lightly with salt and pepper.
6. Spread the cornstarch on a piece of wax paper. Dip the tofu into the cornstarch. Place on the baking sheet and sprinkle with 1 tablespoon oil.
7. Bake for 15 minutes, turn over and bake for another 5 minutes.

## PREPARATION

1. Chop the garlic finely.
2. Thinly slice the scallions including the green parts.
3. Grate the ginger.
4. Wipe the mushrooms with a damp paper towel, discard the stems and quarter.
5. In a wok or a medium saucepan heat the oil and sauteed, over low heat, the garlic, scallions and ginger briefly. Add the mushrooms and sauté over high heat until slightly wilted. Add the water and the remaining ingredients.
6. Bring to a boil. Add the tofu, combine well and season to taste with salt and pepper.

## NOTE

Kosher Hoisin sauce is available. I use Joyce Chan Brand.