

Blackened Tofu

Spicy and crispy on the outside, soft on the inside, this is a great recipe for a true tofu lover.



PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

2 servings

CALORIES

236 kcal

INGREDIENTS

Tofu

- 14 oz Extra Firm Tofu
- 2 tsp olive oil
- 1 tsp soy sauce or tamari
- 3 cloves garlic minced

Spice Blend

- 2 tsp smoked paprika
- 2 tsp cumin
- 1 tsp oregano
- 1 tsp brown sugar
- 1/4 tsp salt
- 1/4 tsp cayenne
- 1/4 tsp black pepper

INSTRUCTIONS

1. In a small bowl, mix together all the spices in a spice mix making sure everything is well incorporated. Pour onto a flat plate.
2. In a separate small bowl, mix together olive oil, soy sauce and garlic.
3. Slice the tofu into "steaks" at the size you prefer.
4. Rub each piece of tofu with the olive oil mixture on both sides until evenly covered.
5. Press each piece of tofu into the spice mixture on both sides.
6. Place each piece on a baking sheet, lined with foil and sprayed with non-stick cooking spray.
7. Place the cookie sheet about 6 inches under a broiler on high. Cook for 6 minutes and flip. Cook for 6 minutes more.
8. NOTE: Some broilers are stronger than others! Keep an eye on this one! It's done when the tofu has black spots and looks almost burned in some areas.

NUTRITION

Nutrition Facts

Blackened Tofu

Amount Per Serving

Calories	236	Calories from Fat	126
% Daily Value*			
Fat	14g	22%	
Saturated Fat	1g	6%	
Polyunsaturated Fat	7g		
Monounsaturated Fat	6g		
Sodium	59mg	3%	
Carbohydrates	9g	3%	
Fiber	2g	8%	
Sugar	2g	2%	
Protein	21g	42%	
Calcium	140mg	14%	
Iron	3.4mg	19%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!