

# 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.

## NOTES

## NUTRITION

### Nutrition Facts

Blackened Tofu

**Amount Per Serving**

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

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



### Tried this recipe?

Let us know how it was!