

# Peach Grilled Tofu



PREP TIME

5 mins

COOK TIME

11 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4

CALORIES

230 kcal

## INGREDIENTS

- 1/4 c low sugar peach preserves
- 1/2 tsp ginger minced
- 1/4 tsp cinnamon
- 2 15 oz packages extra firm tofu sliced into 1/2 inch fillets
- 1 sprig fresh thyme

## INSTRUCTIONS

1. In a small bowl, stir together the peach preserves, ginger, and cinnamon. Set aside.
2. .Heat your grill to medium heat or medium coals.
3. Place the tofu on the grill rack and grill uncovered for 6-8 minutes until halfway done.
4. Flip the tofu and brush with the glaze. Cook for 5 more minutes.
5. Flip again, brush with more glaze.
6. Cook for 2 more minutes. Remove from grill.
7. Place on plates when they are done and serve!

NUTRITION

Nutrition Facts

Peach Grilled Tofu

Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Carbohydrates 13.1g	4%
Protein 20g	40%

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



Tried this recipe?  
Let us know how it was!