

Maple Lemon Tofu



PREP TIME

5 mins

COOK TIME

12 mins



COURSE

Dinner, Gluten Free



SERVINGS

2

CALORIES

283 kcal

INGREDIENTS

- 1/4 c maple syrup
- 1 small lemon's worth of juice
- 1 Tbsp coconut oil
- 1 15 oz packages extra firm tofu sliced into 1/2 inch fillets
- salt and pepper to taste

INSTRUCTIONS

1. Whisk together the maple syrup and lemon in a small bowl and set aside.
2. Heat the coconut oil in a large skillet over medium-high heat. Add the tofu, seasoning with a sprinkle of salt and pepper. Allow to cook for about 8 minutes, until the tofu begins to brown and it releases easily from the skillet.
3. Carefully pour the maple-lemon sauce into the pan and flip the tofu over. Baste with the sauce as it continues to cook for 3 more minutes.

NUTRITION

Nutrition Facts

Maple Lemon Tofu

Amount Per Serving

Calories 283 Calories from Fat 117

% Daily Value*	
Fat 13g	20%
Carbohydrates 19g	6%
Protein 20g	40%

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



Tried this recipe?
Let us know how it was!