

Ginger Garlic Tofu



COOK TIME

30 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

8 servings

CALORIES

216 kcal

INGREDIENTS

- 1 Tbsp sesame oil
- 2 tsp garlic minced
- 2 tsp ginger root minced
- 1 lime
- 1 Tbsp tamari (or to taste)
- 2 lbs extra firm tofu

INSTRUCTIONS

1. Heat oil in a wok or skillet over medium heat.
2. Stir in garlic and ginger, and cook for 1 minute.
3. Add tofu to the pan with tamari, and stir to coat.
4. Cover, and continue cooking for 20 to 30 minutes turning occasionally to make sure all sides are browned.
5. Squeeze lime juice over tofu before serving.

NUTRITION

Nutrition Facts

Ginger Garlic Tofu

Amount Per Serving

Calories 216 Calories from Fat 104

% Daily Value*	
Fat 11.5g	18%
Carbohydrates 6.2g	2%
Protein 18.3g	37%

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



Tried this recipe?
Let us know how it was!