

# 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!