

# Hummus Crusted Tofu

A fun way to spice up a tofu dinner. And who doesn't think hummus belongs on everything. This is a higher calorie tofu dinner, so keep that in mind as you plan out your daily menu.



PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

1 hr 45 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

290 kcal

## INGREDIENTS

- 16 oz High Protein Tofu like Wildwood or Trader Joe's
- 2 Tbsp Bragg's Liquid Aminos
- 1 Tbsp apple cider vinegar
- 1/2 c water
- 2 tsp rosemary chopped
- 1 tsp thyme
- 1 tsp sage powder
- 1 c Hummus
- 3 Tbsp water

## INSTRUCTIONS

### Prep

1. Drain your tofu and press the excess water out and slice into 1/2 inch strips, making sure to press each strip individually as well to get as much excess moisture out as possible.
2. Chop the tofu into one inch cubes.
3. In a shallow baking dish, mix together the Braggs, vinegar, 1/2 c. water, rosemary, thyme and sage.

4. Place the tofu strips in the marinade and let sit for at least an hour. (You can chill in the fridge overnight too).

## Cooking

1. Preheat oven to 350°F/175°C.
2. While the tofu is marinating, mix the three Tbl water into the hummus to make it a bit thinner (this will make it easier to spread on the tofu).
3. While the tofu is still sitting in the marinade, pour the hummus over the tofu, gently stirring to evenly, but thickly coat the tofu.
4. Bake tofu in the marinade dish for 30 minutes.
5. Divide into 4 equal portions.

## NUTRITION

### Nutrition Facts

Hummus Crusted Tofu

**Amount Per Serving**

**Calories** 290      Calories from Fat 144

**% Daily Value\***

**Fat** 16g      **25%**

**Carbohydrates** 16g      **5%**

**Protein** 23g      **46%**

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

**Tried this recipe?**

Let us know how it was!