Simple Pan-Fried Tofu

1 (12 ounce) package extra-firm tofu 2 tablespoons vegetable oil, divided ¼ cup chopped green onions 2 tablespoons soy sauce

Place tofu onto a plate and place another plate on top. Set a 3 to 5 pound weight on top. Press tofu for 20 to 30 minutes; drain and discard the accumulated liquid.Cut tofu into 2x4-inch strips about 1/4-inch thick.Heat 1 tablespoon oil in large skillet over medium-low heat. Cook tofu strips in the oil until golden brown, 2 to 3 minutes per side. Stack tofu strips horizontally in a dish with sloping sides, like a teacup saucer.Heat remaining 1 tablespoon oil in the same skillet. Add green onions; cook and stir until fragrant, 10 to 20 seconds. Spoon green onions over tofu while they are still sizzling. Coat with soy sauce. Let sit until tofu soaks up flavors, 3 to 5 minutes.

Grilled Spiced Chicken Wings

8 chicken wings (about 1½ pounds), halved through the joint 1 teaspoon olive oil 2 teaspoons seafood seasoning (such as Old Bay) 3 tablespoons unsalted butter, melted

Heat grill to medium. In a large bowl, toss the wings with the oil and 1 teaspoon of the seafood seasoning. Grill, uncovered, turning once, until cooked through, 15 to 20 minutes. Meanwhile, in a large bowl, combine the butter and the remaining teaspoon of seafood seasoning. Add the wings and toss to combine. Serve with ranch dressing for dipping.

Red Curry-Glazed Salmon

4 5-ounce pieces salmon fillet 1 tablespoon Thai red curry paste 1 tablespoon canola oil 1 teaspoon light brown sugar kosher salt and black pepper

Heat broiler. Place the salmon on a foil-lined broilerproof baking sheet. In a small bowl, mix together the curry paste, oil, sugar, ½ teaspoon salt, and ¼ teaspoon pepper. Dividing evenly, brush the salmon with the curry paste mixture. Broil until the salmon is opaque throughout, 5 to 7 minutes.