SESAME-MAPLE ROASTED TOFU  
This quick and healthy dinner pairs creamy tofu and crispy snap peas with a tahini-maple sauce. Serve with udon noodles.  
Ingredients  
• 1 14-ounce block extra-firm water-packed tofu, rinsed, patted dry and cut into 1-inch cubes  
• 1 medium red onion, sliced  
• 2 teaspoons canola oil  
• 2 teaspoons toasted sesame oil  
• 1/4 teaspoon salt  
• 1/4 teaspoon freshly ground pepper  
• 1 tablespoon tahini, (see Tip)  
• 1 tablespoon reduced-sodium soy sauce  
• 2 teaspoons pure maple syrup  
• 1 teaspoon cider vinegar  
• 3 cups sugar snap peas, trimmed  
• 1 tablespoon sesame seeds  
  
Preparation  
1. Preheat oven to 450°F.  
2. Toss tofu, onion, canola oil, sesame oil, salt and pepper in a large bowl. Spread on a large baking sheet and roast until the tofu is lightly golden on top and the onions are browning in spots, 15 to 20 minutes.  
3. Whisk tahini, soy sauce, maple syrup and vinegar in a small dish until combined. Remove the tofu from the oven, add snap peas and drizzle with the maple sauce; stir to combine. Sprinkle with sesame seeds. Return to the oven and continue roasting until the peas are crisp-tender, 8 to 12 minutes more.