

Maple-Glazed Tofu

- 1 lb extra firm organic tofu
- 2 tbsp. tamari
- 2 tbsp. maple syrup
- 4 tbsp. water

Remove tofu from packaging and drain. Place tofu between dish towels, putting two underneath and two on top. Then, place a cutting board on top with something heavy such as a pot of water to press the water out of the tofu. Let it sit for about 20 minutes. Preheat oven to 425 degrees.

Slice pressed tofu into ½-inch to ¾-inch slabs and place on a Silpat or parchment paper covered cookie sheet. Place tofu in oven. Flip after 10-15 minutes and bake for another 10 minutes.

Mix next three ingredients in bowl, and pour into pan. Place tofu in and heat the mixture, turning as needed, while continuing to spoon mixture over tofu. When all liquid is absorbed, remove from heat. The tofu is ready to be utilized. It can be used right away or placed in a container and used later.

There are many great ways to incorporate this baked, marinated tofu into your favorite dishes. Here are three delicious uses to inspire you:

1. **Sandwiches:** Leave the tofu in large squares if making sandwiches.
2. **Layered Bowls:** Start with a base layer featuring a cooked grain of choice, followed by a layer of steamed greens of choice. Top with the maple-glazed tofu and a sauce of your choice.
3. **Salads:** Cut the tofu into small squares to use it in green salads.