

# Maple Glazed Tofu

4 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

1 lb Extra Firm Tofu  
3 tbsps Low Sodium Soy Sauce  
1/2 tsp Liquid Smoke  
1/4 cup Whole Cloves  
1/4 cup Maple Syrup  
2 tbsps Aquafaba...The Liquid From Chickpeas  
2 tbsps Water  
1 tbsp Dijon Mustard  
1/4 cup Minced Garlic  
1/4 tsp Cinnamon  
1/4 cup Crushed Pineapple

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Fiber	1g
Fat	6g	Sugar	1g
Saturated	1g	Protein	12g
Trans	0g	Cholesterol	0mg
Carbs	1g	Sodium	5mg

## DIRECTIONS

- 01 Prepare the tofu by pressing it using a tofu press or between tea towels with something heavy on top for 30 minutes to 1 hour. Pressing the tofu squeezes excess water out so that the tofu can absorb the marinade and absorb the marinade.
- 02 Once pressed, remove the tofu and pat dry. Slice block in half lengthwise to make two blocks. Use a knife to score a diamond pattern across the surface of the tofu cutting about 1/4 inch deep.
- 03 Add the soy sauce and liquid smoke to a sealable bag or container, then add the tofu. Let the tofu marinate for a minimum of 1 hour or as long as overnight in the fridge, flipping the tofu every now and then to ensure both sides get marinated.
- 04 When ready to roast the tofu, preheat your oven to 375F (190C).
- 05 Remove the tofu from the marinade and place on the prepared baking dish. Poke a whole clove into the center of each diamond. Bake for 50 - 60 minutes until the tofu is a dark golden brown.
- 06 While the tofu is baking, prepare the glaze by adding the maple syrup, aquafaba, water, mustard, garlic, cinnamon, & pineapple to a small pot. Warm over medium-high heat, bring to a simmer while whisking often. Cooking for about two minutes. Remove from heat & set aside.
- 07 Once the tofu has baked and is golden brown, remove from the oven, brush the prepared glaze on top. Return tofu to the oven and bake for another 10-15 minutes until the glaze is bubbling.
- 08 Remove from the oven and let cool 10 minutes. Remove the cloves before eating.

## NOTES

**CLOVES**

Pull cloves out before eating.

**AIR FRYER**

For a crispier outside try cooking in an air fryer. Time and temperature will need adjusted.

**NO PINEAPPLE**

Either omit or replace with pureed peaches or apricots.

**NO AQUAFABA**

Use water or vegetable broth instead.