

## Marinated Tofu

This is a great recipe for converting the non tofu consumers.

If your friends or family are hesitant to try tofu or have had a poor experience with it in the past these cubes will turn them on to liking it... and even asking you for the recipe!

1 block firm or extra-firm tofu, chopped in ~1cm cubes

1 cup water

1/4 cup soy sauce, tamari or Bragg's

1 tsp ground coriander seed

4 cloves fresh garlic, crushed

\* adjust amount of each marinade ingredient according to taste; these amounts are approximations, I never measure!

Combine marinade ingredients and pour over tofu so that all cubes are immersed. Store overnight in refrigerator.

Place cubes on cookie sheet greased with coconut oil (an oil safe for high-heat cooking)

Bake at 400° for 30 minutes, or until desired consistency.

Serve on own as a snack or as a protein topping to any salad.

Optional: roll cubes in nutritional yeast prior to baking

Source: [Juice for Life](#), by Ruth Tal