

Grilled Soy-Ginger Glazed Tofu

Serves 7

Recipe from America's Test Kitchen

3 Tablespoons low-sodium soy sauce	½ teaspoon Asian chili-garlic sauce
3 Tablespoons water	28 ounces extra firm tofu, sliced lengthwise into 1-inch-thick planks
3 Tablespoons sugar	2 Tablespoons vegetable oil
2 Tablespoons mirin	Salt and pepper
1 ½ teaspoons grated fresh ginger	¼ cup minced fresh cilantro
1 garlic clove, minced	
1 teaspoon cornstarch	



Glaze: Combine soy sauce, water, sugar, mirin, ginger, garlic, cornstarch, and chili-garlic sauce in small saucepan. Simmer over medium-high heat until thickened, about 5-7 minutes. Transfer to a bowl. **Tofu:** Spread tofu on paper towel-lined baking sheet and drain for 20 minutes. Brush tofu with oil, salt, and pepper.

Grill: Heat griddle or barbecue on high. Oil cooking grate and place tofu on grill. Cook until light brown on each side, about 6-10 minutes, flipping tofu halfway through. Brush tofu with ¼ cup glaze and cook until well browned, about 1-2 minutes. Repeat on the other side of the tofu. Transfer tofu to platter and brush with remaining ¼ cup glaze. Garnish with fresh cilantro.

Nutrition per 4 ounces tofu: 172 calories; 10g Fat; 12g Protein; 11g Carbohydrates; 0.5g Fiber; 288mg Sodium



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