

# Asian Garlic Tofu

**Yield: 4 servings**

## Ingredients

- ¼ cup hoisin sauce  
(see separate hoisin sauce recipe)
- 1 tablespoon soy sauce, less sodium
- 1 tablespoon water
- 1 tablespoon freshly grated ginger
- 2 teaspoons minced fresh garlic
- 1 teaspoon sugar
- ¼ teaspoon red pepper flakes
- 16 ounces super-firm, pressed tofu
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- ¼ cup chopped green onions

## Instructions

1. In a medium bowl, whisk together hoisin sauce, soy sauce, water, ginger, garlic, sugar and red pepper flakes.
2. Cut tofu into 1-inch pieces. Place in bowl with sauce and stir to coat. Let sit 30 minutes.
3. In a large skillet over medium heat, heat olive oil.
4. Add tofu to skillet. Once nicely seared on the bottom, flip over. Continue to cook until seared on the other sides.
5. Drizzle with sesame oil and sprinkle on the green onions.

## Nutrition Information

**Serving Size:** ¼ of recipe

Calories: 254  
Total Fat: 15.3 g  
Saturated Fat: 2.4 g  
Monounsaturated Fat: 6 g  
Polyunsaturated Fat: 6 g  
Sodium: 474 mg  
Total Carbohydrate: 9.2 g  
Dietary Fiber: 1.9 g  
Sugars: 4 g  
Protein: 17.8 g

Source: Spicy Southern Kitchen. Christin Mahrilig.



Presented by  
Culinary Medicine