

# Irie Seared Tofu

**Yield: 8 servings**

## Ingredients

2 (16 ounces) packages super firm tofu, drained  
2 tablespoons soy sauce, low sodium  
1½ teaspoons paprika  
1½ teaspoons curry powder  
1½ teaspoons garlic powder  
1½ teaspoons onion powder  
¼ teaspoon ground black pepper  
2 teaspoons extra virgin olive oil, divided

## Instructions

1. In a small bowl, mix the soy sauce and the spices. Mixture should be like a paste.
2. Slice each block of tofu into 8 slices.
3. Spread the top of each slice of tofu with some of the spice mixture. Stack the tofu pieces so one piece with seasoning is topped with the side of another piece that does not have seasoning. Stack them 4 slices high and put on a plate. Let the tofu sit in fridge for 1 hour.
4. In a large, non stick skillet, over medium high heat, heat 1 teaspoon of olive oil. Sauté half of the tofu until crispy on both sides. Add the remaining oil and repeat for the additional tofu.

## Nutrition Information

**Serving Size:** 4 pieces  
Calories: 148  
Total Fat: 7.9 g  
Saturated Fat: 1.5 g  
Monounsaturated Fat: 2.9 g  
Polyunsaturated Fat: 3.5 g  
Sodium: 196 mg  
Total Carbohydrate: 4.7 g  
Dietary Fiber: 1.7 g  
Sugars: 1.4 g  
Protein: 14 g

Source: Vincent McIntosh, Irie Kitchen

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