

# Roasted Tofu

**Categories:** Breakfast, Lunch, Pure Food Bar

**Yield:** **Portion Size:** **Portions:**

20 lb 4 oz 80

## Step 1

20 lb • Firm tofu

1 cup • Olive oil

1 tbsp • Black pepper - coarsely ground

1 cup • Soy sauce

Vegetable spray as needed

Preheat oven to 400°F.

Slice tofu into 1/2 inch slabs. Place on paper towels to drain.

In a bowl, mix together olive oil, pepper and soy sauce.

Spray sheet pans with vegetable spray. Line tofu on sheet pan to completely cover. Spoon marinate on each slice. Place in oven to brown about 15 minutes. Take out and cool, use for Pure Food Bar, sandwich station or Fast Breakfast.

## Nutritional Analysis

<b>Calories</b>	118		
<b>Protein</b>	10g	40	34%
<b>Carbs</b>	3g	12	10%
<b>Fat</b>	7g	63	53%
<b>Cholesterol</b>			
<b>Sodium</b>	136mg		

Information is on a per portion basis.

## Notes

Saturated Fat: 1g

Fiber: 1g

Sugar: 1g

G4G Code: Yellow

Sodium Code: Low

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