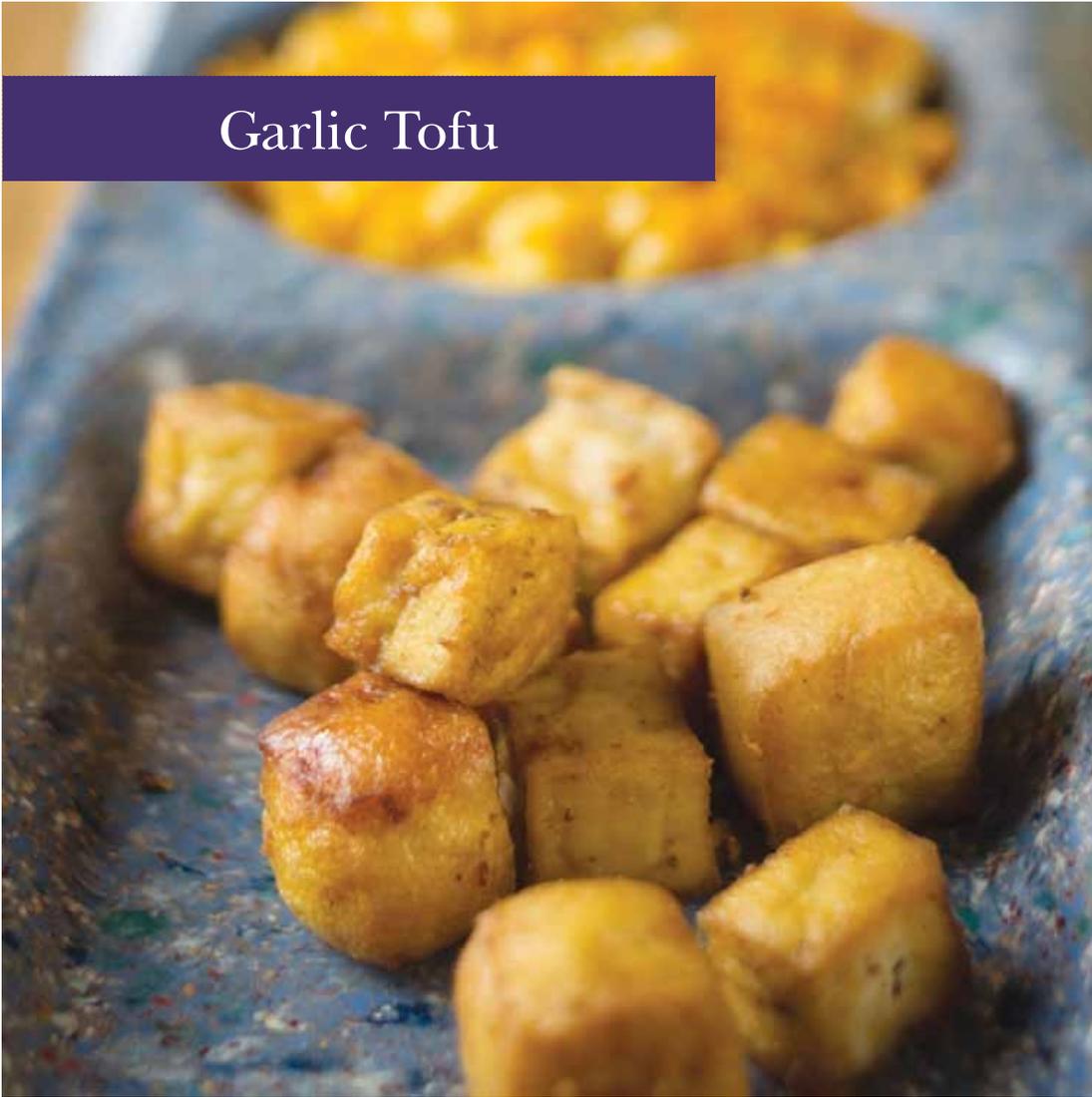


Garlic Tofu



NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	58 kcal
Protein	5.42 g
Carbohydrate	1.75 g
Total Fat	3.79 g
Saturated Fat	0.70 g
Cholesterol	0 mg
Vitamin A	3.45 IU
Vitamin C	0.60 mg
Iron	1.12 mg
Calcium	132.70 mg
Sodium	54.31 mg
Dietary Fiber	0.63 g

EQUIVALENTS: ¼ cup provides 1 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"I've never had tofu before
and I love this recipe!"

— STUDENT

Garlic Tofu • 50 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Coat 2 full sheet pans with cooking spray.	
Tofu, firm or extra-firm	7 lb		2 Drain tofu. Cut into ½-inch cubes.	
Garlic		24 cloves	3 Trim, peel and mince garlic.	
Soy sauce or tamari sauce		½ cup	4 Combine the tofu, garlic, soy sauce, oil, cumin and pepper in a large bowl. Stir gently to combine. Divide between the prepared sheet pans and spread in an even layer. Drizzle with any remaining liquid.	
Olive oil		¼ cup		
Ground cumin		2 Tbsp		
Ground black pepper		½ tsp		
			5 Bake, stirring once halfway through, until the tofu is brown and crispy, 25 to 30 minutes. Serve hot or cold.	

