

Spicy Orange Tofu

Marinated tofu baked crispy and tossed in a homemade, spicy orange sauce. I enjoy using tofu from time to time, as this helps me add variety to my protein intake. I have learned that tofu takes on the taste of the things it is cooked with, thus, I thought orange "chicken" would be a good one to try with tofu!! It goes perfectly on a bed of rice and veggies.

Ingredients:

Tofu

- 1 block (12-15 oz) Tofu, extra firm, pressed and cubed
- 1 cup 100% orange juice
- 1 tbsp Garlic powder
- ½ cup Green onion, sliced
- 1 tbsp Cornstarch

Orange Sauce

- 1 cup 100% orange juice
- ¼ cup Sugar (I used unrefined coconut palm sugar)
- 2 tbsp Rice vinegar
- 2 tbsp Reduced sodium soy sauce
- 2 tsp Ginger (I used a fresh ginger but can use 1 tsp ginger powder)
- 1 tsp Garlic powder
- ½ tsp Red pepper flakes (more if you like extra spicy)
- 2 tbsp Water
- 1 tbsp Cornstarch
- 1 medium Orange peel, zested

Directions:

1. Press the tofu to get rid of as much excess water as possible, then cut into cubes. In a medium bowl, whisk together 1 cup OJ, 1 tbsp garlic powder, and green onion. Toss the tofu in the marinade and cover. Allow to marinate for 30-45 minutes (or even overnight). Once marinated, sprinkle with cornstarch and toss until evenly coated and no powdery spots remain.
2. Preheat oven to 400 degrees F. Line baking sheet with parchment paper and grease with cooking spray. Pour tofu + marinade on the pan and arrange in an even layer. Bake for 30-35 minutes or until the tofu is golden brown. Be sure to toss halfway through in order to get all edges brown.
3. While the tofu cooks, prepare your sauce. Whisk 1 cup orange juice, sugar, rice vinegar, soy sauce, ginger, garlic powder, and red pepper flakes in a medium saucepan. Heat over medium-high heat for 3-5 minutes. In the meantime, whisk the cornstarch and water in small dish until a paste forms. Pour the paste in the orange sauce. Continue to whisk over medium-high heat until the sauce thickens. Once thick, whisk in the orange zest.
4. Gently mix cooked tofu with the orange sauce until tofu is evenly coated with sauce.
5. Best served over rice and veggies!

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Nutrition Facts		
Serving Size: 1 x 1/4th whole recipe		
Amount Per Serving		% Daily Value*
Calories	215.8 kcal	11 %
Total Fat	3.8 g	6 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	386.2 mg	16 %
Total Carbohydrate	36.1 g	12 %
Dietary Fiber	3.1 g	12 %
Sugars	23.2 g	
Protein	10.6 g	21 %
Vitamin A	12 %	Vitamin C 118 %
Calcium	16 %	Iron 12 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>

Servings: 4
 Serving size: 1/4th recipe