

Crispy Baked Tofu with Italian Herbs

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-herbs>

Ingredients:

- 14 ounces extra firm tofu
- 1 1/2 tablespoons tamari or soy sauce // ensure gluten-free as needed
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar NOT glaze
- 1 1/2 tablespoons tomato paste
- 5 cloves garlic crushed or minced, 4-5 cloves yield ~2 tsp crushed
- 2 teaspoons dried basil
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon dried thyme
- 1/4 teaspoon sea salt omit if using soy sauce

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 9 grams
3. Fat: 19 grams
4. Fiber: 3 grams
5. Protein: 17 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 590 milligrams
8. Sugar: 3 grams

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