

# Marinated Baked Tofu

7 ingredients · 40 minutes · 4 servings



## Directions

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1. Preheat oven to 350°F (177°C).
2. Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
3. In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
4. Place the baking dish in the oven and bake for 20 minutes, uncovered.
5. Remove from the oven and enjoy!

## Notes

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### Leftovers

Keeps well in an airtight container in the fridge for up to 5 days.

## Ingredients

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- 15 3/4 ozs Tofu (firm, drained)
- 2 tbsps Maple Syrup
- 1/4 cup Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper