

LOVE THY CARROT

real food made with love

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GRILLED TOFU WITH ALMOND BUTTER DIPPING SAUCE

SERVES 4

INGREDIENTS FOR THE TOFU

1 lb of extra firm tofu drained and cut lengthwise into 8 slices

2 tbsp fresh lime juice

1/4 cup maple syrup

1/4 cup low sodium tamari or soya sauce

2 tsp chili paste or asian hot sauce

2 cloves garlic, minced

1/8 tsp black pepper

1/4 cup sesame seeds, lightly toasted

INGREDIENTS FOR THE ALMOND BUTTER DIPPING SAUCE

3 tbsp creamy almond butter

1 tbsp soy sauce

1 tbsp lime juice

1 tbsp maple syrup

dash of hot sauce, to taste, (optional)

1 to 2 tbsp hot water

DIRECTIONS FOR THE TOFU

1. Place the tofu slices on several layers of paper towels and cover with additional paper towels.
2. Let stand for about 20 minutes, pressing down occasionally with your hands to squeeze out the water. Place the tofu in a single layer in the bottom of a 13x9 glass baking dish.
3. In a small bowl, whisk together the lime juice, maple syrup, tamari, chile paste, garlic, and pepper.
4. Pour mixture over the tofu, stirring to coat all the slices.
5. Cover the baking dish with plastic wrap and place in the refrigerator for at least 4 hours, (or you could do this the day before).
6. When you are ready to BBQ, spray the grill with nonstick cooking spray. Heat to about medium.
7. Place tofu slices on the grill. Reserve the marinade.
8. Grill tofu 3 or 4 minutes on each side, or until the outside is browned and crisp.
9. Return tofu to the baking dish and toss the slices with the reserved marinade.
10. Serve when done with sauce the Almond Butter Dipping Sauce on the side.

DIRECTIONS FOR THE ALMOND BUTTER DIPPING SAUCE

1. Whisk all ingredients together in a small bowl, thinning with hot water as needed.
2. Store any leftovers in the fridge for up to a week.

COOKS NOTES

This is a great article from [The Food Lab](#) on how to grill tofu, worth a read before you start grilling...