

Teriyaki Tofu Bites

Ingredients:

Tofu, extra firm	1 block (350 grams)
Water	½ cup
Brown sugar	1/3 cup
Soy sauce	¼ cup
Vinegar	2 Tablespoons
Oil, sesame or canola	1 Tablespoon
Garlic cloves, minced	2 (¼ teaspoon garlic powder)
Ginger root, grated	2 teaspoons (1/8 teaspoon ginger powder)



Directions:

1. Remove the tofu from the package over the sink.
2. Press the tofu for 20 minutes: Wrap tofu in a clean towel, put on a plate, place something heavy on top (cans) and allow liquid to drain from tofu.



This helps liquid drain out of the tofu so the tofu bites will be **crispy!**

3. As you wait, make the teriyaki marinade: place water, brown sugar, soy sauce, vinegar, minced garlic and grated ginger in a small pot. Stir well with a spoon and then turn stove to medium heat.
4. Stirring often, heat sauce until it boils, allow to boil for 30 seconds, then remove the pot from the heat and let it cool.
5. Once the tofu has been pressed for 20 minutes, cut it into ½ inch cubes and add it to the teriyaki marinade and let it sit for 15 minutes in the fridge.
6. Add the oil to a large frying pan on medium-high heat. Add tofu bites in a single layer and cook for up to 8 minutes, flipping so all sides get crispy. Remove from pan! Enjoy!

***Tofu is a great high iron food for babies to try (over 6 months).**

To make extra teriyaki sauce:

Mix 1 Tablespoon cornstarch with 2 Tablespoons cold water until cornstarch is dissolved. Add to sauce. Boil for 30 seconds, add to frying pan after the tofu is cooked to make it saucy!

To make a complete meal:

Stir fry 3 cups of chopped vegetables in 1 tablespoon oil on medium high heat for 5 minutes. Add cooked tofu back to the pan with the vegetables and add 1 cup extra teriyaki sauce. Serve over brown rice.

