

Peruvian Aji Marinated Grilled Tofu FIT

FUNCTIONAL FOODS

Serving size: 4 oz wt.

- 2 ½ lbs Tofu, extra firm
- ¼ cup Aji Panca Paste
- ¾ tsp Aji Amarillo Paste
- 4 tsp Lime Juice
- 2 tsp Cumin
- ¼ cup Reduced Sodium Soy Sauce

Makes 9 servings

- ¼ cup Red Wine Vinegar
- 4 tsp Fresh Garlic, minced
- 1 TBSP Dried Oregano
- ¾ tsp Salt
- Cooking Spray

Preparation:

1. Press tofu for one hour to remove excess liquid.
2. In a small bowl, whisk together aji panca paste, aji amarillo paste, lime juice, cumin, soy sauce, red wine vinegar, garlic, dried oregano, and salt.
3. Place sauce in a pan large enough to hold tofu.
4. Prepare a hot grill with pan spray. Grill tofu blocks until well marked.
5. Dice tofu blocks into 1" cubes. Place tofu into marinade and allow to marinate for at least 3 hours or overnight.
6. Drain off excess marinade. Place tofu on a baking pan prepared with pan spray. Bake in a 350°F oven until golden brown, about 10-15 minutes.



NUTRITION FACTS PER SERVING

calories	130
total fat (g)	7
saturated fat (g)	0
sodium (mg)	160
total carbohydrate (g)	4
dietary fiber (g)	3
added sugar (g)	0
protein (g)	13



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