



RECIPES

Roasted Brussels Sprouts and

Crispy Tofu with Honey Sesame Glaze

INGREDIENTS:

Brussels Sprouts:

- 1.5lb Brussel sprouts
- 1 ½ tablespoons olive oil
- 1/8 tsp salt

Tofu:

- 1(15oz) block of extra firm tofu
- 1 tablespoon olive oil
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon cornstarch

Glaze:

- ¼ cup low-sodium soy sauce
- 3 tablespoons honey
- 2 tablespoons rice vinegar
- 2 tsp sesame oil
- 2 tsp chili garlic sauce or Sriracha

Rice:

- 1 ¼ cup brown rice

INSTRUCTIONS:

1. Preheat oven to 400°F. Boil water and make rice according to package directions.
2. Drain tofu and place between lint free tea towel or paper towels, place something heavy on top of tofu, like a canned good and set aside. This step can be done ahead of time or overnight and placed in refrigerator. This helps remove excess water and makes tofu crispier.
3. Slice brussels sprouts in half and toss with olive oil and salt and place on baking sheet.
4. Once tofu is drained, slice in half, length wise and slice additionally in small squares. Whisk together olive oil and soy sauce and drizzle over tofu, toss to coat. Add cornstarch to tofu and toss until cornstarch is incorporated and no powder remains. Place tofu in even layer on parchment paper lined baking sheet
5. Bake tofu and brussels sprouts in oven for 25-30 min, stirring halfway through, until both are golden brown and crispy.
6. Whisk glaze ingredients in sauce pan and bring to gentle boil over medium heat, stirring often for about 10 minutes or until sauce is reduced by half. Set aside.
7. Top cooked rice with brussels sprouts and tofu and drizzle with glaze. Serves four

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Adapted From: <http://cookieandkate.com/2014/roasted-brussels-sprouts-and-crispy-baked-tofu-with-honey-sesame-glaze/>

