



Air Fryer Tofu

Tofu is made from soybeans that are boiled and pressed into blocks. It is a plant based protein that is a wonderful substitute for meat and is a good source of iron, potassium, and calcium. At less than \$3 per pound, it is also budget-friendly. Dip these crispy cubes in sweet and sour sauce or serve over coconut rice!

Yield: 2 servings; 8 ounces per serving

Ingredients:

- 16 oz. extra firm tofu
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp cornstarch
- 1 tsp honey
- ¼ tsp sesame seeds
- 1 green onion, sliced

Directions:

1. Pat tofu dry with paper towels. Place tofu in freezer and freeze for 1 hour, minimum. Remove the tofu from the freezer and allow it to thaw to the point where it can be cut with a knife.
2. Dice the tofu into ½ -inch cubes and place in a bowl.
3. Toss the cubed tofu with soy sauce and sesame oil. Then, lightly dust the dressed tofu with cornstarch, tossing or stirring until each piece is lightly covered.
4. Transfer to an air fryer basket and fry at 400°F for 10 minutes, shaking halfway through.
5. Garnish with a drizzle of honey, sesame seeds, and sliced green onions. Serve with your favorite dipping sauce or over a bed of white rice.

Recipe notes:

- Don't skip the freezing step. Freezing the tofu creates a spongier, denser texture that has a meatier chew.
- Tofu takes on any flavors you add to it; try different spices and oils.

Nutrition info per serving:

Calories: 296, Saturated Fat: 2.4g, Sodium: 442mg, Added sugars: 3g, Fiber: 2.8g, Protein: 21.3g

Adapted from: <https://www.budgetbytes.com/air-fryer-tofu/>