



Mango Soy Tofu Skewers*

prep time:
10 minutes**

cook time:
30 minutes

**chill time extra
makes 6 servings

grocery list

2 (1-lb.) pkg. organic extra firm tofu
mango chutney
organic mango nectar
Kikkoman Organic Soy Sauce
Lyle's Golden Syrup or **Hain Raw Sugar**
toasted sesame oil
fresh scallions for garnish

*Exclusive Chef Faith Alahverdian recipe.

mango soy tofu skewers

2 (1-lb.) pkg. organic extra firm tofu
1/2 cup mango chutney
1/2 cup organic mango nectar
1/2 cup **Kikkoman Organic Soy Sauce**
1/2 cup **Lyle's Golden Syrup** or
3/4 cup **Hain Raw Sugar**
1 tsp. toasted sesame oil
Finely sliced fresh scallions for garnish

1. Place tofu blocks in colander; weigh down with plate and heavy can to drain off excess liquid. Place colander on another plate lined with several paper towels. Place in refrigerator for as little as 1 hour, but ideally overnight, to drain.
2. Remove drained tofu from colander and pat dry with additional paper towels. Cut tofu into strips that are 2 inches wide by 5 inches long. Place in shallow baking pan lined with parchment paper; pierce with wooden skewers. (Paper towels may be placed temporarily under tofu to absorb any remaining moisture.)
3. Preheat oven to 375°F. Meanwhile, to prepare glaze place chutney, nectar, soy sauce, syrup and sesame oil in small saucepan over medium-low heat. Simmer, stirring occasionally until thick, about 15 minutes.
4. Remove paper towels from under tofu. Spoon glaze over tofu skewers. Bake until golden brown and caramelized, about 15 minutes. Skewers can be served with extra reserved glaze if desired. Place skewers on serving tray and garnish with scallions.

Per Serving: 271 calories, 28g carbohydrate, 20g protein, 10g fat, 2g fiber, 0mg cholesterol, 1274mg sodium

kitchen tools

dry measuring cups
liquid measuring cup
measuring spoons
colander
2 plates
heavy can
cutting board
chef's knife
wooden skewers
shallow baking pan
parchment paper
small saucepan
spoon

recipe note

Tofu, or soybean curd, is an ideal low-calorie, high-protein and cholesterol-free health food.

a good idea

This appetizer recipe would also work well as a main dish with steamed vegetables and brown rice.

