Julie Hasson

SESAME GARLIC TOFU WITH SCALLIONS



1/4 cup soy sauce, gluten-free if desired
3 tablespoons agave
2 tablespoons toasted sesame oil
1 tablespoon water
1/4 cup thinly sliced scallions
4 cloves garlic
1 tablespoon sesame seeds
10–12 ounces extra-firm tofu, cut into 1/2-inch slices
Splash of seasoned rice vinegar, optional, to taste
Dried chili flakes or minced jalapeños, optional



Instructions:

In a bowl, whisk together the soy sauce, sesame oil. agave, and water until well mixed. Stir in the scallions, garlic and sesame seeds. You can add a small drizzle of rice vinegar and or some chili flakes, if desired.



Place marinade in a large zip-top bag (or covered dish), along with the tofu and marinate, refrigerated, for several hours or overnight, shaking and flipping the bag as necessary (or stirring and turning the tofu in the dish) so that the tofu is evenly coated with marinade. It might not totally cover the tofu with marinade, but it will evenly marinate by flipping it periodically.

When ready to cook, remove the tofu from the marinade and place on a hot oiled grill, preheated nonstick skillet, or air fryer.* Reserve the extra marinade to serve as a sauce (or use it to marinate more tofu). You can also eat the marinated tofu uncooked, on a sandwich or diced in a salad.

*Editor's Note: You could also bake the tofu on a nonstick or lightly oiled baking sheet at 350F degrees for 25 minutes, turning once at 12 minutes.

Julie Hasson has more than 1,000 vegan recipes and she shares many of them on her website! Some use oil and processed foods but if desired you can readily adapt them. Julie also has a YouTube channel Everyday Dish, with all of the demonstrated recipes available on her website. Note that June has many dessert recipes, even though we don't feature one here,

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