

Lemon-Miso Grilled Tofu

Tofu Grilling Tips

Use firm, or if possible, extra-firm **tofu**, and always press your **tofu** very well before **grilling**. This removes a lot of the water that is naturally in **tofu** and will allow it to **grill** better.

Ingredients:

- One 14-ounce block extra firm tofu
- 3 tablespoons lemon juice
- 2 tablespoon white miso
- 2 tablespoon avocado oil
- 1-2 garlic cloves, minced
- Freshly ground black pepper, to taste
- 1-2 tablespoons chopped parsley (optional)

Directions:

1. Prepare the tofu by pressing all the water out. Slice into 6-8 rectangles.
2. Whisk together the lemon juice, miso, avocado oil, garlic and black pepper. Pour 2/3 of the marinate over the tofu and let marinate for 30 minutes or longer.
3. Grill the tofu approximately 5 minutes on each side.
4. Top with reserved marinate and chopped parsley and serve.