



Sesame Soy Tofu Bites

1 (14 ounce) package extra firm tofu ¼ cup toasted sesame oil
½ cup gluten free tamari ½ cup cornstarch (or as needed for coating tofu)

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a baking sheet with parchment paper and set aside.
3. Drain tofu and press with paper towels to remove excess liquid. Cut into ½ to ¾ inch cubes and place in a shallow dish.
4. Mix tamari and sesame oil and pour over tofu; toss gently to distribute marinade. Allow to sit for approximately 30 minutes, tossing occasionally.
5. Remove tofu from marinade and sprinkle with cornstarch. Spread on prepared baking sheet so pieces don't touch.
6. Bake for 30 minutes, turning pieces over halfway through baking time.

Serve over rice with your favorite vegetables or with [Sesame Rice Noodles](#).

** Look for a recipe for [Sesame Rice Noodles](#) on NutritionFromTheHart.com/recipes.*

