

## Oven Roasted Tofu & Vegetables

16 oz. Extra firm tofu, drained  
3 Tbsp. Balsamic vinegar  
2 tsp. Soybean oil (vegetable oil)  
2 Tbsp. Sugar  
1 clove Garlic, minced  
1/2 tsp. Oregano leaves, dried and crushed  
1/2 tsp. Salt  
1 Sweet red pepper, quartered  
1 Medium onion, quartered  
4 Medium mushrooms, quartered  
Chopped parsley for garnish

1. Cut tofu in half vertically, then horizontally. Drain on several layers of paper towels to remove as much liquid as possible. If desired, score surfaces to allow more marinade to penetrate tofu.
2. Combine vinegar, oil, sugar, garlic, oregano and salt; mix well.
3. Place tofu and vegetables in a shallow baking pan leaving space between pieces for even roasting; brush with vinegar mixture. Let stand 30 minutes, brush again and let stand 30 minutes longer.
4. Bake tofu, pepper and onion at 500 F 30 to 35 minutes. Turn once halfway through baking time.
5. Add mushrooms during last half of roasting time.
6. Transfer to to platter and sprinkle with parsley.

Yield: 4 servings

One serving: 1 cup

**Nutrition per serving:** Calories 138; Total Fat: 4.6g; Saturated Fat 0.5g; Carbohydrates 15.5g; Dietary Fiber 1.3g; Sodium 367 mg; Total Protein 9.5g; Soy Protein 8.4g.