

TANDOORI GRILLED TOFU



Ingredients

Servings: 6

- 2 teaspoons paprika
 - 1 teaspoon kosher salt, divided
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon ground coriander
 - 1/4 teaspoon ground turmeric
 - 3 tablespoons extra-virgin olive oil
 - 1 tablespoon garlic, minced
 - 1 tablespoon lime juice
 - Two 14-ounce extra-firm or firm water-packed tofu, drained
 - 2/3 cup nonfat plain yogurt
 - 6 tablespoons scallions, sliced, or fresh cilantro, chopped for garnish
- Heat the grill to medium-high.
 - Combine the paprika, 1/2 teaspoon salt, cumin, coriander and turmeric in a small bowl.
 - Heat the oil in a small skillet over medium heat. Add the garlic, lime juice and the spice mixture; cook, stirring, until sizzling and fragrant, about 1 minute. Remove from the heat; set aside.
 - Cut each tofu block crosswise into 6 slices; pat dry.
 - Use about 3 tablespoons of the spiced oil to brush both sides of the tofu slices; sprinkle with the remaining 1/2 teaspoon salt. (Reserve the remaining spiced oil.)
 - Spray a grill rack with nonstick cooking spray. Grill the tofu until it has grill marks and is heated through, 2 to 3 minutes per side.
 - Combine the yogurt with the reserved spiced oil in a small bowl.
 - Serve the grilled tofu with the yogurt sauce, garnished with scallions (or cilantro), if desired.

