

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.

