

# 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.

