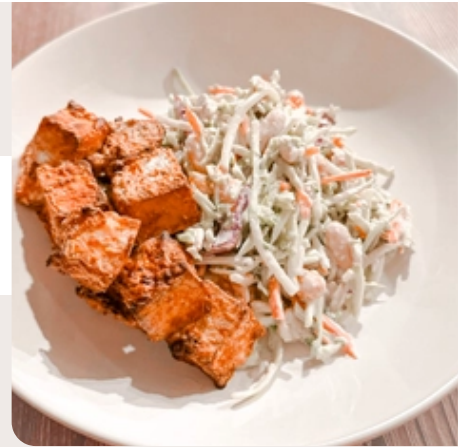


BBQ Tofu with Broccoli Slaw



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 8 oz [224 g] Firm Tofu
- 0.25 cup (8 fl oz) [62.5 g] Barbecue Sauce
- 4 cup [340 g] Broccoli Slaw
- 1 cup [261 g] Canned White Beans (*Drained and rinsed*)
- 2 tbsp [17 g] Peanuts
- 2 tbsp [14 g] Pumpkin Seeds
- 1 cup [122 g] Unsweetened Coconut Milk Yogurt
- 3 tbsp [45 g] Apple Cider Vinegar
- 1 tbsp [20 g] Maple Syrup
- 0.5 tsp [0.6 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper

DIRECTIONS

1. Add yogurt, apple cider vinegar, maple syrup, salt, and black pepper to a bowl and mix until combined to form a dressing. Set aside.
2. Add broccoli slaw, white beans, peanuts, and pumpkin seeds to a large bowl and mix until combined. Add the dressing and gently toss until all ingredients are coated. Refrigerate until ready to eat.
3. Wrap tofu in a dry, clean kitchen or disposable paper towel and gently press down to remove excess water. Repeat this step four to five times until most of the water is removed.
4. Cut the tofu into cubes and add to a large bowl with the BBQ sauce. Toss until all the tofu cubes are coated.
5. Set your air fryer to 375 degrees Fahrenheit and air fry tofu cubes for 20-25 minutes until slightly crispy. If you do not have an air fryer you can pan fry the tofu until crispy on each side.
6. Serve with broccoli slaw.

NUTRITION INFO

Calories : 436.95

Fat : 16.45 g

Carbs : 51.15 g

Protein : 26.1 g

Fiber : 12.93 g