

Recipe for Grilled Tofu with Peanut-Coconut Sauce

This sauce would go well with almost anything, but it really turns tofu from bland to fabulous. Make sure you buy extra firm (sometimes called super firm) tofu for the grill, otherwise it will fall apart. You may also want to double the quantity of zucchini or add some chunked red bell peppers to the mix. If you go this route, I suggest you double the marinade.

Makes 2 normal sized (adult) portions and 2 smaller sized (kid) portions

1 pound extra firm (or super firm) tofu
2 small zucchini, cut in 1/2" rounds
2 tablespoons + 2 teaspoons low sodium soy sauce, divided
1 teaspoon garlic oil
1/2 teaspoon sesame oil
2-1/2 teaspoons seasoned rice vinegar, divided
1/2 cup light coconut milk
1/4 cup peanut butter, preferably natural style
1 tablespoon brown sugar
2 scant teaspoons lime juice
2 teaspoons grated ginger (from a jar would be fine)
2 teaspoons minced garlic
Cooked brown rice, optional

Preheat the grill to medium-high.

Lay the tofu flat on a cutting board and, with your knife parallel to the board, carefully slice into equal thirds. (You're essentially creating three thinner rectangles of tofu, each roughly 3/4" thick.) Pat well with paper towels and place in a large zip-top bag along with the zucchini.

In a small bowl, whisk together the 2 tablespoons of the soy sauce, garlic oil, sesame oil, and 1 teaspoon of the rice vinegar. Pour into the bag. Shmoosh the marinade around the tofu and zucchini and lay flat on the counter while you make the sauce. Flip once or twice if you think about it.

In a small saucepan, combine the remaining 2 teaspoons of soy sauce, the remaining 1-1/2 teaspoons of rice vinegar, and the coconut milk, peanut butter, brown sugar, lime juice, ginger, and garlic. Whisk over medium-low heat for 5 minutes. (Overcooking may cause it to separate.) Remove from heat and set aside.

Turn the grill heat down to low. Lay the tofu and vegetables on well-oiled grates and grill, flipping 2-3 times, for about 6 minutes for the tofu and 10 minutes for the zucchini. Serve with the sauce and some steamed brown rice, if desired.