



Pesto Tofu Bites

4 servings
30 minutes

Ingredients

1 1/16 lbs Tofu (extra-firm, pressed and cubed)
1/2 cup Pesto
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	231
Fat	18g
Saturated	3g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	490mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup cubed tofu.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.