

# Baked Barbecue Tofu

## Ingredients:

One 14 ounce package extra firm tofu  
1 cup Doc Sauce  
Cooking spray or use an olive oil mister

## Directions:

First freeze your tofu, then allow it to thaw. This helps with flavor absorption and texture.

Press tofu for 30 minutes. Then cut into ½ inch thick slices, then quarter the slices.

Pour Doc Sauce into an 8 inch baking dish. Place tofu in dish and gently toss to coat.

Let tofu marinate in the barbecue sauce for an hour. Turn occasionally.

Preheat oven to 400 degrees.

Spray a rimmed baking sheet with cooking spray or an olive oil mister.

Place tofu on the baking sheet with the Doc Sauce.

Bake 20 minutes, then turn over and brush other side with additional Doc Sauce and bake for another 20 minutes, until the edges are browned.

Toss tofu in remaining sauce and serve.



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