

Marinated Tofu Cubes

3 ½ cups extra firm tofu
½ cup apple cider vinegar
¾ cup tamari (soy sauce)
¼ cup filtered water
1 ½ tbsp. sunflower oil
2 – 3 tbsp. canola oil

Instructions:

Marinate the tofu cubes:

Cut the tofu into ½ cubes.

Combine all ingredients, except canola oil, into a dish or bowl, cover and let sit for at least 2 hours.

Cook the tofu cubes:

Place the 2 – 3 tbsp. of canola oil into a wok or pan and fry the tofu cubes until the outside is brown and crisp.

Remove from oil and drain any excess.

Store in refrigerator for up to 5 days in a sealed container.

Makes 6 servings

Source: Refresh Cookbook