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▶▶▶▶ January 2013 ◀◀◀◀

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Savory Orange-Roasted Tofu and Asparagus

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Ingredients

- 1 dash(es) cooking spray, to coat baking sheet
- 14 ounce(s) tofu, extra-firm, water-packed, rinsed
- 2 tablespoon miso paste, dark red, divided
- 2 tablespoon vinegar, balsamic, divided
- 4 teaspoon oil, olive, extra virgin, divided
- 1 pounds asparagus, trimmed and cut into 1-inch pieces
- 3 tablespoon basil, fresh, chopped
- 1 teaspoon orange peel (zest), grated
- 1/4 cup(s) orange juice
- 1/4 teaspoon salt

Preparation

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Pat tofu dry and cut into 1/2-inch cubes. Whisk 1 tablespoon miso, 1 tablespoon vinegar and 2 teaspoons oil in a large bowl until smooth. Add the tofu; gently toss to coat.
3. Spread the tofu in an even layer on the prepared baking sheet. Roast for 15 minutes. Gently toss asparagus with the tofu. Return to the oven and roast until the tofu is golden brown and the asparagus is tender, 8 to 10 minutes more.
4. Meanwhile, whisk the remaining 1 tablespoon miso, 1 tablespoon vinegar, 2 teaspoons oil, basil, orange zest and juice, and salt in the large bowl until smooth. Toss the roasted tofu and asparagus with the sauce and serve.

