

## Macadamia Furikake Crusted Tofu

*Adapted from "A DASH of Aloha"*

4 servings

Firm tofu,	20 oz.
drained, dried and sliced into 8 pieces	
preferably Mrs.Cheng's or Hinoichi brand	
Sesame oil, light	1 to 2 tbsp.
Black sesame seeds	1 tbsp.
Sesame seeds, toasted	2 tbsp.
Macadamia nuts, finely ground	2 tbsp.
Sea salt	1/4 tsp.
Nori, shredded	1/4 cup

1. Mix seeds, nuts, salt and nori together in a small bowl.
2. Brush tofu slices lightly with oil and dip into the seed/nut/nori mix to coat the top.
3. Lightly oil a baking sheet and place tofu slices on it.
4. Bake at 350°F for about 30 minutes or until browned and crisp.

Variations can be created substituting different kind of nuts and Furikake (Seasoning mix of nori/shredded dried seaweed, sesame seeds, bonito flakes etc.). The tofu can be added to a salad, somen noodles, or rice.

Nutrition Facts	
Serving Size (169g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 170</b>
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein 22g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 4%</b>
<b>Calcium 20%</b>	<b>Iron 35%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	