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
Calories 280 Calories from Fat 170
% Daily Value*
Total Fat 19g 29%
Saturated Fat 2.5g 13%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 400mg 17%
Total Carbohydrate 9g 3%
Dietary Fiber 3g 12%
Sugars 0g
Protein 22g

Vitamin A 10% • Vitamin C 4%
Calcium 20% • Iron 35%

*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 300mg
Sodium Less than 2,400mg 2,400mg
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4