

Cheddar Mac & Cheese with BBQ Tofu

Serves 4

Ingredients:

- 1 (14 oz) package extra firm tofu
- ½ cup no-sugar-added barbecue sauce, divided
(*Ray's* is a good option)
- 8 oz elbow macaroni, cooked according to package directions
- 2 cups fat-free milk
- ¼ cup unsalted butter
- ¼ cup all-purpose flour
- 1 ½ cup shredded sharp cheddar cheese
- Salt and pepper, to taste



Directions:

1. Press tofu between paper towels for 30 minutes to remove excess water.
2. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
3. Cut the tofu into 1-inch cubes. Transfer it to a bowl and toss it with ¼ cup of the barbecue sauce, then place it on the parchment-lined baking sheet. Bake the tofu for 20-30 minutes, or until it's browned on the edges, stirring halfway through cooking time. Put the tofu back in the bowl and toss it with the remaining barbecue sauce.
4. While the tofu is baking, start the mac & cheese. Heat the milk in a small saucepan over medium heat until warm, then reduce heat to low. Stir occasionally to prevent film from forming.
5. In a large saucepan, melt the butter over medium heat. Add the flour and whisk it into the butter. Continue to whisk until the mixture is golden brown, 3-5 minutes.
6. Slowly pour the warmed milk into the flour mixture, whisking constantly. Once the sauce is smooth, let it continue to cook until it's slightly thickened, about 3 minutes, continuing to whisk constantly.
7. Remove the sauce from the heat and whisk in the cheddar. Fold in the macaroni, then season with salt and pepper to taste.
8. Divide the mac & cheese into 4 bowls, then top each one with ¼ of the baked tofu.

Nutrition Information per serving:

Calories: 647, Total Fat: 30g, Saturated Fat: 15g, Unsaturated Fat: 8g, Cholesterol: 78mg, Sodium: 666mg, Carbohydrate: 61g, Fiber: 4g, Sugar: 9g, Added sugar: 0g, Protein: 33g

ADAPTED FROM: <https://ohmyveggies.com/smoked-cheddar-mac-cheese-with-baked-bbq-tofu/>
