

Recipe for Grilled Tofu Pineapple Boats

1. Use a FIRM Tofu and press making sure to get the water out
2. Slice the tofu width wise into slabs
3. Place the tofu in either a shallow bowl or a zippered bag
4. Use 1/2 c of soy sauce
5. A pinch of ginger
6. A bit of smoked paprika (adjust more or less per your personal preference)
7. a pinch of black pepper (adjust more or less per your personal preference)
8. Add the juice of a fresh lime freshly squeezed
9. Allow the Tofu to marinate in the mixture for a minimum of 30 minutes and no longer than 24 hours (refrigerated and covered)

Grilling Prep For The Tofu

1. Before Grilling do All of the following So Your TOFU does not STICK to the Grill
2. Preheat the Grill between 375° F to 425°F
3. Prepare the grill grates using a nonstick spray (I always use coconut oil that is flavorless because it has a higher smoke point than its counterparts - olive and veggie oil)
4. If you are going to grill it on a veggie tray do also prep the pan with nonstick spray and if you are using foil do the same.

Grilling The Tofu

1. Once your grill is prepared or your tray, you will then remove your tofu pieces onto the grill allowing the reserved marinade to remain in the bag or glass dish for use later.
2. Grill each side of the tofu chunk for 4-5 minutes and remove it from the grill.
3. Add the grilled tofu back into the marinade and allow it to absorb or you can drizzle the grilled tofu.
4. Cut the grilled marinated tofu into bite-size chunks and add it to the rice combination instead of the grilled shrimp!
5. Enjoy!