

# Honey Mustard Tofu

Serves 4

## Ingredients

- 1 pound firm tofu
- 4 tablespoons dijon mustard
- 3 tablespoons honey
- 3 tablespoons olive oil
- divided ½ cup (or so) flour
- salt and pepper to taste

## Directions

1. cut tofu into approximately two inch by two inch squares - divide diagonally if you're in the mood for triangles. Wrap in a clean kitchen towel and weigh down with a heavy pot to remove water.
2. heat two tablespoons of olive oil in a large pan over med-high heat.
3. combine honey, mustard, and one tablespoon of olive oil in a small bowl and whisk to combine
4. combine flour, salt and pepper in a second bowl
5. dip tofu pieces in honey mustard mixture, covering all sides
6. dip coated tofu in flour and shake off excess
7. saute in frying pan till both sides are golden brown and crispy