

# Crispy Tofu With Balsamic Tomatoes

By [Melissa Clark](#)



Kate Sears for The New York Times. Food Stylist: Monica Pierini.

**Time** 40 minutes, plus at least 15 minutes' draining

**Rating** 4 ★★★★★ (2418)

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## INGREDIENTS

**Yield:** 2 to 3 servings

1 (14- to 16-ounce) package extra-firm or firm tofu, cut crosswise into 1-inch-thick slices

1½ teaspoons kosher salt (Diamond Crystal), plus more as needed

You don't need to fry tofu to get it crisp-edged and golden brown. Drizzling it with a mix of cornstarch and oil, then roasting it will deliver a closely crunchy approximation that won't splatter oil across your countertop. Here, the tofu is roasted alongside balsamic-glazed cherry tomatoes, sliced garlic and red onions, all of which caramelize as they cook. Top everything with a handful of fresh herbs, then serve it over rice, quinoa or another grain for an easy, plant-based meal. Note that the recipe serves only two to three. To double it, use two sheet pans and add a few extra minutes to the cook time.

**Featured in:** [Crisp-Edged Tofu Straight From Your Oven](#)

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## PREPARATION

### Step 1

Heat oven to 400 degrees and line a sheet pan with parchment paper.

### Step 2

Arrange tofu slices on a clean kitchen towel or on paper towels. Cover with another kitchen towel (or paper towels) and place a flat cutting board or

- ½ teaspoon freshly ground black pepper, plus more as needed
- 3 tablespoons extra-virgin olive oil, plus more for finishing
- 1 tablespoon cornstarch
- 1 teaspoon garlic powder (optional)
- 1 teaspoon dried oregano
- 1 pint cherry tomatoes, halved if large, kept whole if small
- 1 large red onion, cut into ¼-inch wedges (about 2 cups)
- 3 garlic cloves, thinly sliced
- 1½ teaspoons balsamic vinegar, plus more for finishing
- ½ cup fresh cilantro or parsley leaves and tender stems, roughly chopped

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[Nutritional Information](#)

baking pan on top. If your cutting board or pan is lightweight, stack a few cans or a skillet on top to weigh it down. Let tofu drain for at least 15 minutes, and up to 45 minutes.

### Step 3

Transfer tofu to a cutting board and cut slabs into 1-inch cubes. Pat them dry with paper towels and season both sides of the tofu with ¾ teaspoon of the salt and ¼ teaspoon black pepper.

### Step 4

In a medium mixing bowl, whisk together 1 tablespoon oil, cornstarch, garlic powder (if using) and ½ teaspoon of the oregano. Add tofu to cornstarch mixture and gently toss until tofu is evenly coated. Dump tofu onto one side of the prepared sheet pan.

### Step 5

In a large bowl, toss together tomatoes, onion, garlic, balsamic vinegar, remaining ½ teaspoon oregano, ¾ teaspoon salt and ¼ teaspoon pepper. Drizzle in the remaining 2 tablespoons of the oil, tossing to combine.

### Step 6

Arrange vegetables on other side of the prepared sheet pan. Bake until tofu is crisp and golden brown, and tomatoes are condensed, 25 to 35 minutes. Halfway through baking, flip tofu and toss vegetables while keeping the tofu and veggies separate.

### Step 7

To serve, sprinkle cilantro on top and drizzle with balsamic and oil, if you'd like.