**Pineapple-Sriracha Tofu (or chicken)**

Serves 3-4

Ingredients:

¾ Cup pineapple juice

2 Tbsp brown sugar

1 Tbsp extra virgin olive oil

Zest and juice of 1 lime

½ tsp salt

Freshly ground pepper to taste

One 15-oz block firm or extra firm tofu blotted dry and cut into 8 slabs

Preheat oven to 425 degrees

Instructions:

In a small bowl, whisk together pineapple juice, sugar, olive oil, sriracha, lime and zest, salt and pepper. Arrange tofu slabs or chicken breast/thigh in a baking dish in a single layer. Pour marinade over. Marinade for 1-2 hours. Transfer to oven and bake, flipping once halfway through until browned and sauce is reduced, about 40 min for Tofu, about 25 min for chicken. Serve hot with sautéed greens and a whole grain for a well-balanced meal.