

CRISPY TOFU

From the Kitchen of: Stefan Arambasich, Community Member

Preparation Time: 30 minutes | **Cook Time:** 1.5 hours | **Yield:** 10 (12-ounce) bowls

Common Allergens: Soy

This crispy tofu is easy to make and adds a delicious protein to your meal! According to Stefan, “the crispy outside coupled with the warm center make it reminiscent of chicken nuggets.” The recipe is simple, oil-free, vegan, and can be made gluten-free with liquid aminos in place of soy sauce.

INSTRUCTIONS:

- Preheat the oven (or air fryer) to 425° F. For a regular oven, use the air fry or convection feature if the oven has it.
- Open the tofu and drain the excess water the tofu came in. (No need to press the block – you actually want the liquid for a chewy inside).
- Cube the tofu by repeatedly cutting the block in half until you have 32 roughly equal-sized pieces.
- In a medium-large mixing bowl, pour in the tamari or soy sauce. Add in the cubed tofu and use a silicone spatula to gently toss until the tofu cubes are evenly coated.
- Sprinkle the nutritional yeast over the cubes, gently mixing until the cubes are evenly coated.
- Distribute the cubes on a baking sheet lined with a silicone mat, making sure there’s space between the cubes.
- Carefully place the baking sheet on the middle rack of the oven, baking for 30-45 minutes, until the tofu is crispy!

INGREDIENTS:

- 1 (14-ounce) package of extra-firm tofu, drained
- 1 Tablespoon tamari, soy sauce, or liquid aminos
- 1/4 cup nutritional yeast
- Salt and pepper, to taste

STEFAN'S SUSTAINABILITY TIP:

Stefan suggests making your own tofu or buying tofu in bulk!



THERE IS PROTEIN IN PLANTS!

“Beans, lentils, tofu, and other meat alternatives are high in protein, and it turns out we don’t need much protein in a healthy diet – just 0.3 grams of protein per pound of body weight. Some plant foods that are surprisingly high in protein include quinoa and sweet peas,” according to VegMichigan.

