

Breaded Tofu Sticks

Yield: 6 servings

Serving Size: 4 Sticks

Ingredients:

Amount:

Tofu, Extra Firm

1 lb

Breadcrumbs

2 cup

Seasoning, Italian

1 tbsp

Marinara, Pre-Made

1 cup

Method of Production:

1. Drain & Squeeze tofu with weight to remove all excess liquid
2. Slice tofu into $\frac{1}{2}$ inch x $\frac{1}{2}$ inch sticks approximately 3 inches long
3. Mix seasoning and bread crumbs together
4. In a large bowl, roll tofu sticks into breadcrumb mixture until thoroughly coated
5. Bake in a 350° oven for 20-30 minutes or until golden brown
6. Serve with marinara sauce, cold or heated