



the

Your Family

COOK

BOOK

veggies

- 33 grilled tofu
- 34 mushroom pizza
- 35 stuffed bell peppers
- 36 carrot chili soup
- 37 black bean burgers
- 38 cheese enchiladas

grilled tofu

from my favorite cookbook

prep time

30 sec

cook time

20 min, plus
an extra 5
min to cool

serves

2 to 3

things you need

1/2 cup

seasoned bread crumbs

5 tbsp

grated parmesan cheese

2 tbsp

dried oregano, divided
salt and pepper to taste

1 block (12-oz)

of firm tofu, drained

2 TBSP

extra virgin olive oil

1 can (8-oz)

of tomato sauce

1/2 tsp

dried basil

1 clove

garlic minced

4-oz

shredded mozzarella cheese

here's how

- 1 in a small bowl, combine bread crumbs, 2 tablespoons Parmesan cheese, 1 teaspoon oregano, salt, and black pepper.
- 2 slice tofu into 1/4 inch thick slices, and place in bowl of cold water. One at a time, press tofu slices into crumb mixture, turning to coat all sides.
- 3 heat oil in a medium skillet over medium heat. Cook tofu slices until crisp on one side. Drizzle with a bit more olive oil, turn, and brown on the other side.
- 4 combine tomato sauce, basil, garlic, and remaining oregano. Place a thin layer of sauce in an 8-inch square baking pan. Arrange tofu slices in the pan. Spoon remaining sauce over tofu. Top with shredded mozzarella and remaining 3 tablespoons Parmesan.
- 5 bake at 400 degrees F (205 degrees C) for 20 minutes.
- 6 let stand for 10 minutes on a raised baking rack

helpful notes