



Dinner

Roasted Garlic Tofu

(Vegan + Vegetarian)

Ingredients:

- 1 package Extra Firm Tofu
- ~ 1 TBSP Bragg's Liquid Aminos Spray
- 2 TBSP nutritional yeast
- 2 tsp garlic powder
- sea salt and black pepper



Directions:

1. Preheat oven to 400 degrees.
2. Press water out of tofu by wrapping in paper towels and placing a textbook on top. Replace paper towels after 5 minutes and let sit for another 5 minutes.
3. Slice tofu into bite sized squares and place on a baking sheet.
4. In a small bowl, mix nutrition yeast, garlic powder, salt and pepper and any other seasonings.
5. Spray tofu lightly with liquid aminos and roll tofu in seasoning mixture. Place on baking sheet and repeat with all tofu pieces.
6. Bake for 35-45 minutes or until crispy and golden on outside.

Serving Size: ½ cup, Serves 2-3