Breaded Tofu Sticks

Yield: 6 servings

Serving Size: 4 Sticks

Ingredients: | Amount:
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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 ½ inch x ½ 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