

Crispy Parmesan Tofu Dippers with Marinara



Source: newcookeryrecipes.info

Ingredients

- 14 oz. block extra firm tofu
- 1/4 cup flour
- 1 tbs. garlic powder
- 1/2 tbs. onion powder
- 1 tsp. paprika
- 1/2 tsp. black pepper, ground
- 1/4 tsp. flaky salt
- 1 egg
- 1 tbs. water
- 1/2 cup panko breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 cup marinara sauce

Prep Time 45 minutes

Servings 3 servings

Difficulty



Nutrition

Per 4 dippers with 1/3 cup sauce

376 calories

37g carbohydrates

24g protein

15g fat

4g fiber

752mg sodium

Dietary

Vegetarian

Source

Olympic & Paralympic
Training Center
Performance Dining

Directions

Preheat oven to 350°F/175°C.

Place tofu block on cutting board with the largest flat side on the top and bottom. Cut in half horizontally, or 'hamburger style'. Cut block again crosswise into 12 even 'sticks' total.

In a bowl mix together the flour, garlic powder, onion powder, paprika, salt and pepper. In another bowl, whisk the egg with the water until smooth. In a third bowl mix together the breadcrumbs with the parmesan cheese.

Line a sheet pan with parchment paper, spray with pan spray, or place a rack on the pan if available.

Dip tofu into flour mixture to coat evenly. Dip into the egg, and then dip into the breadcrumbs mixture. Lightly press the breadcrumbs and cheese onto the tofu to create a well sticking, even layer on all sides. Place on prepared pan.

Repeat with remaining tofu sticks. Bake in oven for 25-30 minutes, until crisp and golden. Heat marinara sauce on the stove or in microwave.

Dip crispy tofu into marinara and enjoy!

Notes

Tofu is an excellent source of high quality protein. This recipe plays off it's versatility to make crispy dippers that you can enjoy like mozzarella sticks.