

Tofu Taco Crumbles

INGREDIENTS

- 28-ounces extra firm tofu, drained and crumbled
- 2 tablespoons soy sauce
- 2 tablespoons cooking oil
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 2 cups salsa

ASSEMBLY INSTRUCTIONS

1. Prepare the crumbled tofu by soaking or simmering in about 4 cups of salted (2 tablespoons) water for 20 minutes. Drain and pat dry before using.
2. Mix together the oil, soy sauce, and spices to form a paste and toss with the crumbled tofu.
3. Bake at 375-400 degrees for 30 minutes, flipping the tofu over halfway through the cooking time. Bake until the crumbles are dry, being careful to not burn them at the end.
4. Heat the salsa in a skillet and stir in the cooked crumbled to restore some moisture and maintain temperature. The amount of salasa will depend on how watery it is and how dry the crumbles are.
5. Serve immediately with taco fixing.

Tofu Berry Smoothie

INGREDIENTS

- 7 ounces silken tofu
- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1/2 cup frozen cherries
- 1/2 cup oat milk
- sweetener, to taste

DIRECTIONS

1. Add all ingredients to blender and blend until smooth. Adjust frozen and liquid ingredients for desired texture.
2. Add sweetener, if desired.



Cabbage Salad with Crispy Tofu

CRISPY TOFU

- 28-ounces firm tofu, drained
- 1 cup cornstarch
- 1/3 cup cornmeal
- Salt and pepper, to taste
- 1/3 cup cooking oil

SALAD

- 1 head nappa cabbage, shredded
- 1 medium carrots, shredded
- 1/2 cup chopped cilantro
- 1/3 cup chopped mint
- 3/4 cup roasted peanuts, chopped

SALAD DRESSING

- 3 tablespoons oil oil, divided
- 2 cloves garlic, pressed
- 1/4 cup rice vinegar
- 2 tablespoons fish sauce
- 2 tablespoons coconut sugar
- 1 tablespoon chili crisp
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DIRECTIONS

1. Prepare the tofu by slicing blocks into 1-inch planks and pressing for 20 minutes to remove moisture.
2. While waiting for the tofu, toss together salad ingredients.
3. In a shallow bowl, toss together the cornstarch, cornmeal, salt and pepper.
4. Slice the prepared tofu blocks into 1-inch long blocks and dredge in the cornstarch mixture.
5. In a nonstick pan, add the 1/3 cup of oil and heat until shimmering, medium-high. When the oil is hot, add the coated tofu pieces and cook until each side golden brown. You may need to work in two batches if your skillet is small.
6. Transfer to a paper-towel lined plate.
7. For the dressing, wipe out the skillet and add a little oil and the pressed garlic. Cook until fragrant and then add the remaining dressing ingredients. Bring to a brief simmer, about 20 seconds.
8. Set aside 2 tablespoons of the dressing and pour the rest over the salad and toss well to coat.
9. Serve the salad topped with pieces of crispy tofu and a drizzle of the reserved dressing.

