

# Tofu Fingers

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 2 tofu fingers

Ingredients	Quantity	Measure
*Tofu, extra-firm, drained and pressed	2	14 ounce packages
Dijon mustard	¼	cup
Ketchup	¼	cup
Non-dairy milk	1	Tbsp.
Panko breadcrumbs	2	cups
BBQ chips, crushed	2	cups
Onion powder	2	tsp.
Salt	1	tsp.
Paprika	1	tsp.
Vegetable pan spray	1	can
Plant-based ranch, BBQ Sauce, Blue Cheese or dipping other sauce	1	cup

## Preparation

\*Please see separate page for tofu pressing instructions.

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice the tofu into finger-sized pieces (½ inch x ½ inch x 3 inches).
3. Set up the breading station. In a bowl, whisk together the Dijon mustard, ketchup, and the non-dairy milk. Place the breadcrumbs and BBQ chips into a food processor and blend until finely broken down. Remove from the food processor and place into a bowl. Add the onion powder, salt, and paprika and mix well.
4. Spray a sheet pan with the vegetable pan spray. Take a slice of tofu and place in the Dijon mixture, coating well with a pastry brush or hands. Remove and place into the container with the breadcrumb mixture. Coat very well, making sure there are no bare spots. Place the tofu on the sheet pan and repeat with remaining tofu (can do multiple pieces at once as needed). Once all the tofu is on the sheet pan, spray with vegetable spray and place in the oven and cook for 10-15 minutes, then flip and spray once again. Bake again for another 10-15 minutes or until golden brown on all sides. Remove from the sheet pan and allow to cool.

## Serving Information

The Tofu can be cut into different shapes to mimic different “Chicken” products such as nuggets or other pieces



# Tofu Fingers Continued

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## **Nutrition Information** \*From USDA Nutrient Database

Calories: 273 Total Fat: 17.8g Saturated Fat: 2.1g Monounsaturated Fat: 9.3g Polyunsaturated Fat: 3.4 g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 18.6g Fiber: 1.5g Total Sugar: 3.6g Protein: 9.6g  
Sodium: 625.1mg Vitamin A: 7µg Vitamin C: 3.2mg Calcium: 138mg Iron: 1.8mg Folate: 14µg

