

CRISPY TOFU DIPPERS

Course: Lunch or Dinner

Prep. Time: 25 minutes

Servings: 12

CACFP: 4 oz. meat alternate



INGREDIENTS

- 3, 14 oz. blocks Extra Firm Tofu
- 6 Tbsp Cornstarch
- 3/4 C. Cornmeal
- 3/4 C. grated Parmesan Cheese

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. After you have drained and pressed the tofu, cut into bite-size pieces.
3. Mix together cornmeal, parmesan, and cornstarch.
4. Whisk it up a bit and then place your tofu pieces in the mixture. Coat well.
5. Line a baking sheet with parchment paper or aluminum foil (lightly greased with non-stick spray)
6. Once your pieces are coated, place them on the baking sheet.
7. Bake for 10 minutes, then flip pieces over and bake for another 10 minutes until brown and crispy.
8. Serve with your favorite dipping sauce.