Baked Tofu

Serves: 2-4   Prep Time: 5 minutes   Cooking Time: 15-20 minutes

INGREDIENTS

Baked Tofu

1 (16-oz) block extra firm high protein
tofu (or regular firm)
1 heaping tablespoon nutritional yeast,
plus more to taste
Big pinch sea salt
Few cracks black pepper
½ teaspoon garlic powder, plus more to taste
Small pinch red pepper flakes (optional)

Optional add-ins:

Drizzle olive oil
Italian herbs or dried spices, such as cumin or paprika
Splash red wine vinegar
Splash tamari or soy sauce

INSTRUCTIONS

Prepare the oven and baking sheet: Preheat the oven to 450°F and line a baking sheet with parchment paper.

Cut the tofu: Drain the tofu and don't worry about pressing it or patting it dry. The moisture will help the seasonings to stick. Cut into bite-sized cubes and transfer the pieces onto the baking sheet.

Season and toss the tofu: Sprinkle over the nutritional yeast, salt, black pepper, garlic powder, and red pepper flakes (if using), using your fingers or a spatula to gently toss the pieces until coated. (After the first mix, if you notice any empty areas on the tofu, you can sprinkle them with additional nutritional yeast and garlic powder if you want it to look more evenly coated.) Separate the pieces on the baking sheet, leaving some room in between each piece.

Bake: Bake for 15 minutes and give it a taste. Add additional time if you'd like the tofu to be more dense and chewy. Enjoy immediately or store in a tightly-sealed container in the fridge for up to 4 days.

NOTES

I love dipping this tofu in hot sauce!