

Tofu Nuggets

Baked and flour breaded delicious tofu nuggets. Child friendly!

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 20 mins

Category: Side dishes and appetizers

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Tofu, raw (not silken), cooked, extra firm	1 block
Gluten free all-purpose flour	1 cup
Almond milk, plain or original, unsweetened	1 cup
Apple cider vinegar, apple cider	2 x 1 tbsp
Plain gluten free breadcrumbs, plain	2 x 1/4 cup
Smoked paprika, smoked	4 x 1/4 tsp
Turmeric, ground	1 teaspoon
Garlic, powder	1 teaspoon
Onion powder	1 teaspoon
Dill weed, dried	1 teaspoon
Salt, sea salt	1 dash
Cumin, ground	0.5 teaspoon
Black pepper, ground	0.25 teaspoon
Parsley, fresh	0.25 cup

Instructions

1. Cut a package of extra firm tofu into rectangles making evenly spaced "nuggets". Pat dry with paper towel or a clean washcloth to remove excess moisture.
 2. In a bowl, dip the tofu into the gluten-free flour.
 3. In another bowl, add milk and vinegar. Take the tofu and dip in the bowl.
 4. In a third bowl add gluten-free breadcrumbs and all the spices. Add more salt if desired. Take the tofu and transfer to this bowl and mix so it is evenly covered. Press down with hands so the tofu nuggets are covered with the spices and crumbs.
 5. Line a baking sheet with parchment paper and set the oven to 400 degrees Fahrenheit. Place nuggets on the baking sheets.
 6. Bake in the oven on the bottom rack for 15 to 20 minutes. At the 10-minute mark check in the oven and flip the nuggets. The nuggets should be crispy and golden.
 7. If desired, chop up a quarter cup or less of fresh parsley and mince it finely. Sprinkle on the hot tofu nuggets.
 8. Serve with any condiments that you desire, alongside a salad or perhaps a side of baked potato fries.
- Note: depending on the size of the rectangles that you cut this can make 12 to 16 nuggets.