

Ruby's Marinated Baked Tofu



Can be used in stir fries, soups, and curries

- 1 pound Extra Firm Tofu, Very well drained**
- 2 tablespoons shoyu**
- 1 teaspoon Veggie chicken seasoning such as Mckay's or Bill's, other brand**
- 1 teaspoon Lawry's garlic salt**
- 2 teaspoons citrus herb seasoning, low salt**
- 1 teaspoon sesame seed oil**
- 2 tablespoons olive oil**
- 2 tablespoons toasted sesame seeds**
- 1/3 cup nutritional yeast**

Drain tofu very well. Cut into strips of desired size and pressed between layers of paper towels to remove as much moisture as possible

Gently toss with the shoyu, veggie chicken seasoning, Lawry's garlic salt, low salt citrus herb seasoning, sesame seed oil, and olive oil

Place tofu in single layer on sheet pan lined with foil that has been sprayed with nonstick cooking spray

Bake in preheated oven at 350 degrees for about 30 minutes, turning tofu strips over after about 15 minutes

Remove from oven when tofu strips are dry and slightly crisp, then while still hot, toss with 2 Tablespoons of toasted sesame seeds and 1/3 cup nutritional yeast.