



# Recipes

## Tofu and Tempeh

### The Chicken Way

*Prep Time: 15 minutes*

*Cooking Time: 40 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 pound firm tofu
- ¼ cup olive oil
- ½ cup nutritional yeast flakes
- ½ cup powdered “unchicken” broth
- 2 tablespoons fresh parsley, minced
- 1 lemon, sliced into thin quarter moons

#### **Directions:**

1. Preheat oven to 350 degrees.
2. Cut tofu into 8 slices.
3. Pour olive oil into a soup bowl.
4. Mix yeast and broth in another soup bowl.
5. Make an assembly line from left to right, in this order: tofu, olive oil bowl, yeast-broth bowl, cookie sheet.
6. Dip a slice of tofu in the olive oil.
7. Coat the tofu in the yeast-broth mixture.
8. Place the tofu on cookie sheet.
9. Repeat with remaining slices.
10. Bake 30-40 minutes, or until the tofu is golden brown.
11. Garnish with parsley and a lemon slice.

#### **Note:**

- This vegan dish is popular with adults and kids and particularly with people who don’t think they like tofu.