BREADED TOFU NUGGETS

40 minutes
3-4 servings

Ingredients:

- 1 block firm or extra firm tofu
- 1/3 c. milk or soy milk
- 2 Tbsp. mustard
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. dry parsley
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3/4 c. breadcrumbs

Directions:

- Press tofu by placing it on top of paper towels on a plate or cutting board; add more paper towels on top, followed by another plate or cutting board with a weight (can of food, glass, etc) on top. Let sit 15 min.
- Whisk together all ingredients except tofu and bread crumbs.
- Cut tofu into small nuggets, then coat each piece with mixture, followed by breadcrumbs.
- Place on baking sheet and bake approximately 25 minutes at 350°, or until golden brown.

**Did you know?** Pressing tofu removes extra moisture and makes it firmer, easier to cook, and less likely to crumble.

**Benefits:** Tofu is rich in soy protein. Soy is a complete protein, meaning it provides all essential amino acids.

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