

INGREDIENTS

- 2, 12 oz package Tofu, extra firm
- ½ Carrot
- 1 Medium Squash
- 2 tbsp Green Onions
- ½ Medium Onion
- 1 clove Garlic
- 1 Egg
- 1 tbsp Soy Sauce
- Panko Breadcrumbs
- Salt and Pepper, to taste

DIRECTIONS

1. Preheat oven to 425 F.
2. Remove excess water from the tofu by wrapping the tofu in paper towels and place a heavy object on top. Let drain for 10 minutes.
3. Mince carrots, squash, green onions, onions, and garlic into tiny pieces. Use food processor if needed.
4. In a large bowl, combine drained tofu, vegetables, egg, and soy sauce and mix with your hands. If the mixture is not sticking together, add 1 tbsp of breadcrumbs at a time until the mixture is firm.
5. Shape the mixture into nuggets or any shape you prefer.
6. Pour olive oil into a frying pan. Bake until golden. This can also be done in the oven. Bake until golden, about 15 minutes.



Veggie and Tofu Nuggets

High Protein | Vegetarian

Yield:
20 Nugs

Prep Time:
20 Min

Cook Time:
15 Min