



Recreation and Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

Tofu and Veggie Nuggets

Ingredients:

Makes about 20 nuggets

2 – 12 oz package tofu, extra firm

½ carrots

1 medium squash

2 tbsp green onions

½ medium onion

1 clove garlic

1 egg

1 tbsp soy sauce

Salt and pepper

Panko breadcrumbs



Directions:

1. 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. See notes.
2. Mince carrots, squash, green onions, onions, and garlic into tiny pieces. Use food processor if needed.
3. 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.
4. Shape the mixture into nuggets or any shape you prefer.
5. Pour olive oil into a frying pan. Bake until golden. This can also be done in the oven. Bake at 425F until golden, about 15 minutes.

Notes: Other ways to remove excess water from tofu

1. Microwave for about 3 minutes and let drain
2. Freeze tofu and thaw. Let drain.

You can also make this using other vegetables, such as green beans, broccoli, cauliflower, beets, potatoes and much more! Root vegetables are recommended as they have less water content which helps bind together easily.



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Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians.