

Tofu "Bacon" Strips



These tofu "bacon" strips are a favorite at the home of Promoting Plant-Based Eating Program Manager Tony Quintana. The kids especially love their sweet and savory flavor. While these delicious strips taste nothing like meat-based bacon, they are a delectable addition to any breakfast.

Note: photo above shows Tofu "Bacon" strips in a TLT (tofu, lettuce, tomato, and Veganaise) sandwich.

¼ cup maple syrup
¼ cup low sodium soy sauce*
1 Tbsp nutritional yeast
2 tsp onion powder
1 tsp garlic powder
1 block extra firm tofu**

Vegan Butter or oil (for pan frying)

*Liquid Aminos can also be used

**Place tofu in freezer at least 24 hours before preparing. Freezing the tofu gives it a tougher texture and makes it easier to cook without falling apart.

1. Completely defrost the tofu and drain as much water out of the tofu as possible.
2. Whisk all ingredients, except for the tofu, in a wide shallow dish.
3. Cut the tofu into 8-12 strips. Dip each strip into the mixture and allow to soak up as much of the mixture as possible. (You may have a little mixture left over; it comes out a little differently each time, depending on how well the tofu is drained.)
4. Fry the tofu in a small amount of vegan butter or oil over medium-high heat for about 3 minutes on each side or until crispy.

Recipe adapted from:

allrecipes.com/recipe/22980/faken-veggie-bacon/