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.

Recipe adapted from: allrecipes.com/recipe/22980/faken-veggie-bacon/

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.