



BUFFALO TOFU BITES

ingredients:

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| 1 block (about 14 ounces)
extra-firm tofu, drained | 2 teaspoons paprika |
| 1 Tablespoon olive oil | 1 teaspoon ground black pepper |
| 1 Tablespoon garlic powder | 1 teaspoon cayenne pepper |
| 1 teaspoon chili powder | Vegetable oil cooking spray |
| 2 teaspoons onion powder | Celery and carrot sticks for serving,
if desired |
| 2 teaspoons mustard powder | |

directions:

1. Slice tofu block into 2 or 3 slabs about 3/4 to 1 inch thick. Press out additional water using a tofu press, or place slabs side-by-side on paper towels on a flat surface. Cover with another layer of paper towel and place a cutting board on top. Stack heavy cans or pots on the cutting board and let sit for 15 to 30 minutes. Remove paper towels and cut tofu into 3/4 inch cubes.
2. In a large mixing bowl, combine tofu with olive oil, garlic powder, chili powder, onion powder, mustard powder, paprika, black pepper and cayenne pepper and toss gently to coat.
3. Spray baking sheet with vegetable oil cooking spray. Place tofu on prepared baking sheet in a single layer.
4. Bake at 400° F for 15 minutes. Remove from oven, turn over each tofu bite, and bake for 15 more minutes.
5. Serve with our homemade Ranch dip and carrots and celery, if desired.

Yield: 4 servings

Nutrition Information Per Serving:

156 Calories
9 grams Fat
1 gram Saturated Fat
0 mg Cholesterol
57 mg Sodium
10 grams Carbohydrates
3 grams Fiber
12 grams Protein

Food exchanges:

1 protein, 1 dairy, 1 fat



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