

Seasoned Tofu Steaks

INGREDIENTS:

1 (12 oz)	package of lite, firm tofu, drained
¼ C	flour
2 T	dry breadcrumbs
½ tsp	dried thyme
¼ tsp	dried dill
¼ tsp	paprika
¼ tsp	black pepper
2 ea.	large egg whites, slightly beaten
2 tsp	vegetable oil

DIRECTIONS:

Cut tofu length-wise into 4 (1/2 inch thick) slices. Place tofu steaks on several layers of paper towel and cover with additional paper towel and let stand for 5 minutes. Combine flour, breadcrumbs, thyme, dill, paprika, pepper, and dredge tofu steaks with flour mixture. Dip into egg whites and repeat dredging in flour mixture. Heat 2 tsp of oil in large nonstick skillet over medium-high heat. Add tofu steaks and cook for 3 minutes and turn them over allowing them to cook another 3 minutes or so. Remove from skillet and serve with ginger sauce (refer to ginger sauce recipe).

Makes 3 servings.
Calories: 203/serving

NUTRITIONAL INFORMATION PER SERVING:

14 g protein
17 g carbohydrates
10 g fat
114 mg sodium
0 mg cholesterol
2 g fiber