

Tofu Tenders

15 servings

2 oz. eq. m/ma



Ingredients	For 15 servings		Directions
	Weight	Measure	
Tofu, 14 oz. block		5 each	Cut each tofu block into nine even pieces (planks) widthwise. Place a double layer of paper towels on a sheet pan. Place all 45 planks on the paper towels, add another layer of paper towels and cover with another sheet pan. Press tofu in this manner for about 10 - 20 minutes to draw out excess moisture.
Egg, whole, raw		5 each	Beat eggs well in a 2" quarter hotel pan.
Panko		2 cups	Place panko, salt and garlic in another 2" quarter hotel pan, mix to combine.
Salt, kosher		1 T.	
Garlic, granulated		1 T.	
Oil, canola		½ cup	When tofu planks are tender but not wet, dip into egg, coating all sides. Then pat each dipped plank in seasoned panko. Heat oil in a non-stick skillet. Fry each plank in the skillet over medium heat, turning, until golden brown and crisped on each side. Serve 3 planks (4.4 oz) of tofu.



			Option: BBQ Tofu Tenders – Replace panko with cornstarch. Follow all directions, dipping tofu in cornstarch. Proceed as with panko. Lay skillet fried tofu planks on a parchment lined sheet pan. Brush with BBQ sauce. Bake in 350-degree oven for 5 minutes. Serve.
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Serving size and yield	
Serving size:	4.4 oz.
Yield:	15 Servings

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:		

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:		ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	257	Total fat (g)	21.1	Cholesterol (milligrams (mg))	0	Sodium (mg)	525	Iron (mg)	2.3
Protein (grams (g))	13.6	Saturated fat (g)	2.28	Total sugars (g)	.9	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	6.47	Trans fat (g)	0	Dietary fiber (g)	1.4	Calcium (mg)	383.8		