

# Crispy Baked Tofu

SERVINGS  
4

PREP TIME  
15 MIN

COOK TIME  
30 MIN

TOTAL TIME  
45 MIN

*This golden, oven-baked tofu is seasoned with a savory blend of spices and coated with a panko crust that crisps up to a perfectly crunchy, flavorful bite with a touch of warmth.*



**ORGANIZING**  
a Plant Based Life.com

## Ingredients

## Directions

1

•1 block Extra-Firm Tofu

- Preheat oven to 400°F.
- Blot tofu dry with a paper towel.
- Cut tofu into 1/4-inch thick slabs (approx. 12–14 slices).
- Line a large baking sheet with parchment paper and arrange the tofu slabs in a single layer.

2

•2 tbsp Low-Sodium Soy Sauce  
•2 tbsp Olive Oil  
•1-2 tbsp Cornstarch

- Whisk together the soy sauce and olive oil until fully combined.
- Drizzle the mixture evenly over the tofu slabs.
- Sprinkle the cornstarch evenly over the damp slabs, gently smoothing it out until a thin, naturally sticky glaze forms.
- Flip the slabs over and repeat the process on the other side.

3

•1/2 Cup Panko Bread Crumbs  
•2 tbsp Nutritional Yeast  
•2 tsp Garlic Powder  
•2 tsp Onion Powder  
•½ tsp Black Pepper  
•½ tsp Salt  
•Optional: ¼ tsp Crushed Red Pepper

- In a small bowl, mix the dry ingredients well to distribute the spices evenly through the crumbs.
- Sprinkle half of the panko mixture evenly over the top of each slab, pressing down gently with your fingers so the crumbs stick.

4

•Cooking spray

- Sprinkle half of the panko mixture evenly over the top of each slab, pressing down gently with your fingers so the crumbs stick.
- Lightly mist the top of the breaded slabs with cooking spray to lock the crumbs in place.
- Carefully flip each slab over, sprinkle the remaining panko mixture on the second side, press down gently, and spray them with one final light mist of cooking spray.
- Bake for 30–35 minutes, or until the panko coating is deeply golden brown and crisp.

5

### Optional Dipping Sauce:

•Vegan Mayo  
•Sriracha

- Prepare the optional dipping sauce by combining your preferred amounts of vegan mayo and sriracha to taste.