



# Breaded Tofu

Makes: 5 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 (1 lb) block	firm tofu, sliced	1 (454 g) block
½ cup	milk	125 mL
1 tbsp	mustard	15 mL
1 tbsp	parsley, dried	15 mL
1 clove	garlic, minced	1 clove
pinch	salt	pinch
1 cup	breadcrumbs	250 mL
1 tbsp	vegetable oil	15 mL
Optional:	pepper parmesan cheese, grated herbs, fresh or dried	

## Instructions

1. Preheat oven to 350°F (180°C).
2. Whisk milk, mustard, and garlic in a bowl.
3. In a separate bowl, mix breadcrumbs, parsley, salt, and optional ingredients (if using).
4. Dip tofu into milk mixture and toss in breadcrumbs. Turn to coat.
5. Heat oil in a medium frying pan over medium-high heat. Fry each piece in oil until golden brown.

*Serving suggestion:* Serve with a dipping sauce.

### Nutrition Information

Serving 140 g

<b>Calories</b>	180
<b>Fat</b>	9 g
	Saturated 1 g
	+ Trans 0 g
<b>Sodium</b>	135 mg
<b>Carbohydrates</b>	15 g
	Fibre 2 g
	Sugars 3 g
<b>Protein</b>	10 g
	Calcium 60 mg
	Iron 1.5 mg

### Food Guide Servings

½ Grain Product  
1 Meat & Alternative