



A Recipe from KnowGluten.me

Gluten Free Tofu Parmesan

Ingredients:

- 1 block extra firm tofu
- 1 T Italian seasoning
- 1 T red wine vinegar
- 1/2T minced garlic
- 1 egg, beaten in a bowl
- 1/2 cup grated Parmesan cheese in a separate bowl
- Mozzarella to top, if desired

Directions:

1. Drain and press tofu and cut into cubes.
2. Place cubes of tofu into Ziplock bag with Italian seasoning, red wine vinegar and garlic.
3. Massage bag gently until tofu is coated and let sit at least 30 minutes.
4. Dip tofu cubes in the egg and roll in Parmesan cheese.
5. Place on a parchment lined cookie sheet and bake at 350 for 15 minutes.
6. Flip cubes over and bake for another 15 minutes or until both sides are browned and crispy.
7. If desired, top with Mozzarella cheese and return to oven until cheese is melted.