

Crispy Baked Almond Coated Tofu Tots



The most perfect Crispy Baked Walnut Parmesan Tofu Tots. Made with super firm silken tofu, ground walnuts, parmesan cheese, olive oil, herbs, garlic, and plenty of flaky sea salt. Each homemade, oven-baked tofu tot is a delicious bit of healthy heaven!

INGREDIENTS

2 12 oz containers Extra Firm Silken Tofu (drained and patted dry)
1 tablespoon extra virgin olive oil, plus more for coating
1 cup plus 1 tablespoon grated parmesan cheese
2 tablespoons ground walnuts
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried oregano

1 large pinch kosher salt
1/2 a clove garlic, grated
1 tablespoon fresh thyme or oregano leaves

INSTRUCTIONS

Preheat the oven to 450° F. Grease a baking sheet with olive oil.

In a food processor, pulse the walnuts together until finely chopped. If you don't have a food processor, you can do this by hand, but be sure to get the walnuts as fine as possible.

Cube the drained tofu and add to a large bowl. Add the olive oil, 1 cup parmesan, ground walnuts, onion powder, garlic powder, oregano, and a large pinch of salt. Mix until combined and the mixture is moistened.

One by one place a cube of tofu into the bowl and coat in the mixture, pack it together with your hands until it sticks to the tofu, then place on the prepared baking sheet. Repeat with the remaining mix. Brush/mist each tot with olive oil, be generous. Transfer to the oven and bake 10-12 minutes, slide a spatula underneath the tots, then flip and bake 10 more minutes. Flip once to the uncooked side, bake 10-12 minutes, until golden and crisp.

In a small bowl, combine 1-2 tablespoons parmesan, the garlic, and thyme/oregano. Sprinkle the warm tots with the parmesan. Serve tots with lots of ketchup for dipping. ENJOY.