



Tofu Parmigiana



Breaded tofu a la parmigiana. You'll just about swear this is eggplant or veal! One of my husband's favorites, and he doesn't even suspect! Serve with a simple crisp green salad, angel hair pasta and garlic bread.

By JILL B. MITTELSTADT

Prep: 25 mins

Servings: 4

Cook: 20 mins

Max Servings: 4

Total: 45 mins

Yield: 4 servings

Ingredients

- ☐ ½ cup seasoned bread crumbs
- ☐ 5 tablespoons grated Parmesan cheese
- ☐ 2 teaspoons dried oregano, divided
- ☐ salt to taste
- ☐ ground black pepper to taste
- ☐ 1 (12 ounce) package firm tofu
- ☐ 2 tablespoons olive oil
- ☐ 1 (8 ounce) can tomato sauce
- ☐ ½ teaspoon dried basil
- ☐ 1 clove garlic, minced
- ☐ 4 ounces shredded mozzarella cheese



Directions

In a small bowl, combine bread crumbs, 2 tablespoons Parmesan cheese, 1 teaspoon oregano, salt, and black pepper.

~~Slice tofu into 1/4 inch thick slices, and place in bowl of cold water. One at a time, press tofu slices into crumb mixture, turning to coat all sides.~~

~~Heat oil in a medium skillet over medium heat. Cook tofu slices until crisp on one side. Drizzle with a bit more olive oil, turn, and brown on the other side.~~

Combine tomato sauce, basil, garlic, and remaining oregano. Place a thin layer of sauce in an 8 inch square baking pan. Arrange tofu slices in the pan. Spoon remaining sauce over tofu. Top with shredded mozzarella and remaining 3 tablespoons Parmesan.

Bake at 400 degrees F (205 degrees C) for 20 minutes.

↑ can layer tofu, crumb mixture, and tomato sauce. End with tomato sauce and top w/ cheese.

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