

TOFU 'BACON'



INGREDIENTS

- 7.5 oz Tofu (smoked) (firm) (frozen) (thawed)
- 1 T Nutritional yeast
- 1 T Water
- 2 T Maple syrup (low cal)
- 1 dash Liquid smoke flavoring (optional)
- 2 T Soy sauce (low sodium) **OR** Tamari sauce (low sodium)
- 1 t Garlic powder
- 2 T Earth balance margarine **OR** Non-stick cooking spray

DIRECTIONS

- 1 Slice the thawed tofu into very thin slices like 'real' bacon
- 2 In a wide bowl, stir together all ingredients except the garlic powder
- 3 Place the tofu strips into the bowl to marinate for at least 10 minutes
- 4 Heat margarine or spray non-stick cooking spray in a large saute pan over a medium-high heat
- 5 Fry the tofu strips until crisp on both sides
- 6 Drain on paper towels & serve immediately

