

## Baked Tofu *Vegetarian Dishes*

Source: [www.everydaytastiness.com/2012/02/baked-tofu](http://www.everydaytastiness.com/2012/02/baked-tofu)



**SERVES:**  
2



**PREP TIME:**  
15 MINS



**COOKING TIME:**  
45 MINS

### INSTRUCTIONS

1. Pre-heat oven to 400 °F.
2. Drain and lightly press the tofu.
3. Cut into 1 to 1.5 inch cubes.
4. Melt coconut oil in the microwave. In a large bowl, mix the soy sauce, nutritional yeast, and coconut oil.
5. Carefully stir in the tofu until it is well coated.
6. Place the tofu onto a baking sheet lined with parchment paper.
7. Bake for 45-55 minutes or until crispy.

It can be difficult to get sufficient dietary intake of vitamin B12 with a vegetarian diet. Fortified tofu and nutritional yeast are good dietary sources of vitamin B12, which can help you avoid deficiency.

### INGREDIENTS

- 1 block extra firm tofu, fortified
- 1 teaspoon coconut oil
- 2 tablespoons soy sauce
- 3 tablespoons nutritional yeast