

Simple Country-Fried Tofu | Keto & Gluten-Free

Swick

Serves 2 to 3 | Active Time: 15 minutes | Total Time: 20 minutes

Step 1: Preparing the Tofu

- 1 - 20 oz (567 gr) pkg extra firm tofu, frozen and thawed*
- 1 1/2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1/2 tsp Poultry Seasoning
- 1/4 tsp cayenne, or to taste
- 1 to 2 tbsp cooking oil (such as avocado)
- 4 tbsp nutritional yeast
- 1 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper

For the tofu, break it up into pieces that are just a bit bigger than bite-sized.

Next, toss the tofu with the garlic and onion powder, poultry seasoning, and cayenne and gently toss to coat it in the spices.

Next, heat a large fry-pan over medium-high heat. Once hot, add the oil, followed by the tofu. Cook the tofu for a few minutes and then toss and allow it to cook for a few more minutes, or until it is nice and golden brown.

Lastly, remove the tofu from the heat and season with the nutritional yeast, salt, and pepper.

Serve this tofu as a side or add to another dish to make it more substantial, such as a nice big salad.

Chef's Notes

Here is an alternate Country-Fried Tofu recipe (which includes a seasoned flour coating) that is also delicious — it's just a bit crispier and we often serve it with gravy and/or dipping sauces.