

Vegan BLT with Tofu Bacon



A simple, nutritious, and flavorful vegan BLT sandwich where crispy tofu bacon adds the perfect texture and indulgence. Pair it with raw veggies or soup for a quick, balanced lunch!

Preparation 10 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 15

Carbohydrates 42

Fibre 6

Protein 26

Sodium 865

Ingredients

Tofu Bacon Marinade

- 30 ml (2 tbsp) light soy sauce
- 15 ml (1 tbsp) ketchup
- 15 ml (1 tbsp) maple syrup (or brown sugar)
- 5 ml (1 tsp) liquid smoke (or a few drops, depending on desired intensity)

- 5 ml (1 tsp) paprika
- 5 ml (1 tsp) onion powder
- 2.5 ml (½ tsp) garlic powder
- 1 block (454 g or 1 lb) extra-firm tofu, thinly sliced

BLT

- 8 slices whole wheat bread
- 2 tomatoes, sliced
- 60 ml (4 tbsp) vegan mayonnaise-like spread (or regular light mayonnaise)
- 20 ml (4 tsp) mustard
- 4 to 8 lettuce leaves
- Salt and pepper, to taste

Preparation

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Alternatively, cook tofu slices in a nonstick pan or air fryer.
2. In a large bowl, mix all the marinade ingredients. Add tofu slices and gently toss to coat evenly. Let marinate for 5–10 minutes.
3. Arrange tofu slices in a single layer on the baking sheet without overlapping. Bake for 17 minutes, reserving any leftover marinade.
4. Flip the slices, brush with remaining marinade, and bake for another 8–10 minutes, or until crispy and lightly golden.
5. Toast the bread slices, then assemble the sandwiches by spreading mayonnaise and mustard on the bread. Add tomato slices, lettuce leaves, and tofu slices. Season with salt and pepper to taste.
6. Serve immediately and enjoy!

Notes

Tofu bacon keeps for up to 7 days in an airtight container in the refrigerator or up to 2 months in the freezer.



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