

All-Purpose Crispy Tofu



This crispy tofu will quickly become a staple in your kitchen! Easy to prepare and ultra-versatile, it fits perfectly into bowls, stir-fries, salads, and sandwiches. With its light flavor and crispy texture, it serves as a delicious base for any dish and any sauce. Make a batch in advance and freeze it for quick and nutritious meals in no time!

Preparation 5 min
Cooking 20 min
Servings 6
Nutrition Facts (per serving)
Calories 235
Fat 12
Carbohydrates 8
Fibre 1
Protein 24
Sodium 75

Ingredients

- 2 blocks (454 g each) extra-firm tofu
- 60 ml (¼ cup) nutritional yeast
- 30 ml (2 tbsp) apple cider vinegar
- 30 ml (2 tbsp) cornstarch

- Pepper and salt, to taste

Preparation

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Tear the tofu into bite-sized pieces with your hands and place them in a bowl.
3. Add the nutritional yeast, cornstarch, apple cider vinegar, maple syrup, salt, and pepper. Mix well to coat the tofu evenly.
4. Spread the tofu in a single layer on the baking sheet.
5. Bake for 15 minutes, stir, then continue baking for another 5–10 minutes until golden and crispy.

Notes

Keeps for 4–5 days in the refrigerator or up to 3 months in the freezer.



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