

Tofu Nuggets

Serves 4

Time 60 minutes

Vegan

Common Allergens Soy, may contain wheat

Recipe from [Vegan Richa](#)

Ingredients

- 14 ounces extra firm tofu, pressed for at least 20 minutes

For the marinade:

- 1 tablespoon hot sauce, optional
- 2 teaspoons oil
- 1 teaspoon soy sauce or tamari

For spice coating

- 1 ½ to 2 tablespoons of cornstarch or tapioca starch
- 1 tablespoon nutritional yeast
- 1 teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground sage
- ½ teaspoon poultry seasoning or mix of ⅛ teaspoons each of sage, thyme, rosemary
- ¼ teaspoon ground cumin
- A generous pinch each of cinnamon, nutmeg and allspice

To serve

- Dip of your choice: Barbecue sauce, ranch dressing, or hot sauce
- Green onion or cilantro for garnish



Notes

- For extra crispy tofu: use ¼ -1/3 cup breadcrumbs instead of cornstarch
- To make this recipe wheat/gluten-free, use gluten-free soy sauce or tamari
- Although the spice mixture is best when all spices are used, it will still taste good if you omit the ones you don't have, especially the ones with smaller quantities.

Instructions

1. Break tofu into bite size pieces using your hands. Keep them at least 1 inch in size, then add to a bowl.
2. Marinate: Then add the marinade ingredients to the bowl and toss well to coat, let the tofu sit for 5 minutes (or longer in the fridge till ready to bake).
3. Spice coating: In a small bowl, add all of the coating ingredients and 1 ½ tablespoons of cornstarch and mix really well.
4. The marinade should have gotten absorbed in the tofu, there shouldn't be any liquid left. Sprinkle all of the spice coating mixture over the tofu and toss well to coat. If the tofu is too wet then add some more cornstarch, 1 teaspoon at a time. Then spread this tofu on a parchment-lined baking sheet and keep at least ½ inch distance between all the pieces.
5. Bake at 400°F for 20-25 minutes or until the tofu is crisp.
6. Remove the baking sheet from the oven then let it cool for a few minutes before plating it and serving it with dips of choice. You can also use this tofu to add to wraps or tacos or serve it as a side.

Chinese Corn Soup

Serves 3**Time** 25 minutes**Vegan****Common Allergens** Soy, sesame, may contain wheat and alcoholRecipe from [The Foodie Takes Flight](#)

Ingredients

- 1 tablespoon neutral-flavored oil
- ½ teaspoon grated ginger
- 1 clove garlic, minced
- 1 green onion, chopped (white and green parts separated)
- 1 15-oz can sweet corn or creamed corn, or 1 ½ cups frozen corn
- Optional: 1 tablespoon Shaoxing wine (contains wheat), sake, or mirin
- 2 ½ cups vegetable broth
- 10.5 oz silken tofu, or Korean sundubu (1 tube)
- optional: ½ teaspoon salt adjust to taste
- Pinch ground white pepper

Slurry

- 2 tablespoons cornstarch
- ¼ cup room temperature water

To Serve

- Drizzle of sesame oil optional
- Chopped green onions



Notes

- You can pre-chop some of the corn before adding it to the soup if you have creamed corn or a food processor or immersion blender.
- Add more vegetables if you'd like – bok choy, Chinese broccoli, carrots, etc.
- To make completely alcohol free, omit Shaoxing wine, sake, or mirin

Instructions

1. Heat the oil in a saucepan until hot. Add in ginger, garlic, and white part of the green onion until aromatic. Add the green part of the green onion and corn kernels.
2. Over medium heat, add the Shaoxing wine or other rice wine, if using. Allow to cook for 1-2 minutes until the alcohol evaporates.
3. Optional: Scoop some of the corn from the pot and transfer to a food processor, pulse a few times, and return to the pot. Alternatively, after you add the broth in the step below, place an immersion blender in the soup and briefly blend to puree some of the corn.
4. Add the vegetable broth and bring to a boil.
5. Meanwhile, prepare the silken tofu by cutting open the tub or packaging. Break apart or mash the tofu with a fork.
6. Slurry: mix together the starch and water until dissolved in a small bowl.
7. Once the soup is boiling, add in the tofu. Season the soup with salt and white pepper to taste.
8. Stir the slurry again, then slowly add it while mixing the soup. Allow the soup to thicken over medium-low heat.
9. Taste the soup (be careful not to burn your tongue!) and season more, if needed. Serve while hot with a drizzle of sesame oil (if desired) and top with more chopped green onions.