



BBQ TOFU SANDWICH

July 26

World Tofu Day



INGREDIENTS

- 16 Ounces Extra Firm Tofu
(at least 5 grams of protein per 2.2 ounces)
- ½ Cup Barbecue Sauce
- ¼ Cup Apple Cider Vinegar
- ¼ Cup Water
- 1 Tablespoon Vegetable Oil
- 4 Burger Buns (enriched or whole grain-rich;
at least 56 grams each)
- 1 Cup Tahini Coleslaw
- Lettuce, Pickles, Pimento Cheese
(optional toppings)

DIRECTIONS

1. Press the tofu for 10 minutes. To do this, use a tofu press or place tofu between two plates. Weigh down the top plate with a bag of beans or a can.
2. Cut the block of tofu lengthways into 5 slices. Place the rectangles in a shallow dish or plastic bag for marinating.
3. Stir together the marinade ingredients in a small bowl: barbeque sauce, apple cider vinegar and water. Coat the tofu in the marinade. Let marinate for at least 30 minutes and up to 24 hours.
4. Heat a cast iron or non-stick skillet over medium high heat. Add the oil. Once hot, add the tofu (don't add the marinade). Saute each side for 5 minutes, or until browned and crispy.
5. Divide tofu evenly onto buns. Top with tahini coleslaw and optional burger toppings.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

4 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Sandwich	1 Sandwich	1¼ Sandwiches	1¼ Sandwiches