

GRIT TOFU

1. Use extra firm tofu and press and blot out as much water as possible, cut into ½ inch cubes.
2. Lightly brown cubes on all sides in hot EVOO.
3. Coat with soy sauce and let sit for a few minutes to evaporate
4. Mix powder: {for one 18-oz pkg}
 - 3 Tbsp nutritional yeast
 - 2 Tbsp garlic powder
 - ½ tsp salt and pepper
5. Toss tofu with powder, Return to pan.
5. Finish browning in a little EVOO