

Tofu Fingers

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD:

8 Servings

Ingredients	Weight	Measure
Tofu (firm, drained and pressed to get water out)	14	Oz.
Cornmeal	16	Oz.
Flour	8	Oz.
Seasoning (I prefer Tony Chachere Cajun)	2	Tbsp.
Oil for frying	35	pound

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Cut tofu in half-length wise, half up and down, then 4 lengthwise, giving you 24 short pieces
2. Blend flour, cornmeal, Tony chachere
3. Toss tofu fingers in flour mixture
4. Fry until golden brown
5. Lightly salt

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

3 tofu fingers, serve with your favorite sauce (BBQ, Sweet Mustard, etc.)

Nutrition Information

 *From USDA Nutrient Database

Calories: 457 Total Fat: 13g Saturated Fat:1g Carbohydrate: 73g Protein: 12g Sodium: 302mg

Vitamin A: 7 µg Vitamin C: 0 Calcium: 107mg Iron: 5mg Folic Acid: 306 µg