

BAKED TOFU AND MUSHROOM MARINARA



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Organic Firm or Extra Firm Tofu	1 Pkt. (16 Oz)	Salt	¼ Tsp.
Organic Baby Bella Mushrooms (or any mushrooms on hand), Sliced	½ Lb.	Ground Black Pepper	¼ Tsp.
Garlic Cloves, Crushed	4	Dried Oregano	1 Tsp.
Marinara Sauce (or any preferred sauce)	1½ Cup	Olive Oil	1 Tbsp.
Chili Flakes	¼ Tsp.	Fresh Basil	
		Cheese, Shredded (Maintenance Only)	1 Cup



PREPARATION

- ✔ Set your oven to 375°F (190°C).
- ✔ Drain and press the tofu to remove excess moisture, then cut it into cubes or slices.
- ✔ Heat olive oil in a pan over medium heat. Add mushrooms and crushed garlic, sautéing for about 5 minutes until softened.
- ✔ Stir in the chili flakes, salt, pepper, and dried oregano. Pour in the marinara sauce and mix well.
- ✔ Spread half of the marinara mixture evenly in a baking dish.
- ✔ Arrange the tofu on top, then pour the remaining sauce over it. If using cheese, sprinkle it over the dish.
- ✔ Place the dish in the oven and bake for 25-30 minutes until the sauce is bubbling and the top is golden.
- ✔ Remove from the oven, garnish with fresh basil, and serve warm.