

Tofu Parmesan

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1 block Firm Tofu (8 1/4" slices)
1/2 cup Soy Sauce
1/2 cup Olive Oil
1/4 cup Vinegar
2 tsp Oregano or Italian Seasoning
2 tsp Minced Garlic
2 Eggs
1 cup Flour
1/2 cup Panko
1/2 cup Grated Parmesan
3/4 cup Mushrooms (sliced)
24 oz Pasta Sauce (~1 bottle)
Vegetable Oil or Canola Oil (for frying and sautéing)
Salt and Pepper
Shredded mozzarella cheese
Shredded parmesan cheese

1. Preheat oven to 400° F
2. Slice the block of tofu into 1/4 inch slices.
3. Mix the soy sauce, olive oil, vinegar, oregano, and garlic together in a bowl or in the plastic container that held the tofu
4. Marinate the tofu slices in sauce mixture.
5. Sautee mushrooms in olive oil and season with some salt and pepper. Remove and set aside.
6. In a shallow dish combine the panko and grated parmesan cheese.
7. Beat the two eggs lightly
8. Dip each tofu slice in the flour, and then the eggs, and lastly in the panko/parmesan mix.
9. In a skillet, heat vegetable oil over medium heat.
10. Fry tofu slices to a crispy, golden look on both sides.
11. Layer the bottom of the baking pan with a thin layer of the pasta sauce.
12. Arrange tofu slices in the pan
13. Cover tofu slices with the mushrooms
14. Spoon remaining pasta sauce over the tofu slices.
15. Top with shredded mozzarella cheese and parmesan cheese (*as much or as little as you want*).
16. Bake in oven for 20 minutes.