Coconut-Crusted Tofu: A versatile staple to add to rice bowls, stir-fries, noodle dishes, and more!

Ingredients

*Fresh ingredients:*
- 1 block extra-firm tofu*
- ½ cup milk of choice
- 3 tbsp flour of choice
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt

*Pantry ingredients:*
- ½ cup panko breadcrumbs (gluten-free if needed)
- ½ cup shredded coconut

*For better texture, freeze drained tofu overnight and defrost before using.

Process

1. Drain and press tofu thoroughly: Wrap tofu in an absorbent towel and place a heavy item on top, let sit for 30 minutes. Remove towel and slice tofu into cubes.

2. In one bowl, mix milk, flour, and seasonings to create a batter. In a separate bowl, mix breadcrumbs and coconut.

3. Bread the tofu by placing one cube in the batter and gently stirring to cover the tofu. Place the battered tofu into the breading mix and flip until coated. Place breaded tofu on a baking sheet and repeat process with remaining tofu.

4. Breaded tofu can be cooked two ways:
   - Oven-baked: Preheat oven to 400F, place tofu on an oiled baking sheet. Bake for 15 minutes, flip, and bake for an additional 15 minutes until golden brown.
   - Pan-fried: Heat a drizzle of oil in a pan over medium heat. Wait until pan is hot, then carefully place tofu in pan in an even layer, making sure all pieces touch the pan. Cook for about 3 minutes on each side.

*Credit: Alice Ma MS, RD | Registered Dietitian, WSU Dining Services*