

Grilled Tofu

1 package firm or extra firm tofu

1 TB Dijon mustard

Spice Mix:

1 TB nutritional yeast

1/2 tsp Italian Herbs

1/2 tsp smoked paprika

1/2 tsp Chicken Taco Seasoning (Penzey's - don't worry, it's vegan!)

1/2 tsp cumin

1/2 tsp salt

1/4 tsp onion powder

1/4 tsp garlic powder

1/4 tsp lemon pepper

pinch red pepper flakes

1. Cut tofu in half so you have 2 big squares, cut those in half so now you have 4 big squares.
2. Pre-heat non-stick skillet or cast iron skillet.
3. Mix all spices together in a bowl. Rub one side of a tofu square with mustard, then generously apply spice mix. Place spiced side down in skillet. Then rub the mustard and spices on the other side. Fit as many pieces in pan that will fit. You may have to do this in batches. Place something flat on top of the tofu like panini press or lid.
4. Cook over medium heat for 5 minutes. Carefully turn over and cover again. Cook until tofu is much thinner and crispy on the outside.

*method adapted from The Vegan Zombie