

Waffle Maker Crispy Tofu Sandwich

Making tofu always intimidated me because I wrongfully believed tofu was hard to make and flavorless. Fun fact: it is not, and it absorbs whatever flavor it is immersed in. Lately, I have been trying to vary my protein sources vs relying solely on meat. Tofu, which is made from soy, is a simple protein alternative to meat. Cooking tofu on a waffle maker was a Pinterest hack I stumbled upon to help make it a bit crispier. This was perfect for the BBQ sandwich I wanted to make!

Ingredients:

TOFU:

- 1 lb Extra firm tofu, pressed and cut into 6 thin slices
- 6 tbsp Low sugar BBQ sauce (I buy a local BBQ)
- 1 tbsp Garlic powder

SANDWICH

- 3 each Whole grain buns or bagels (I used 100% whole grain bread), toasted
- ½ small Tomato, sliced
- ¼ small Red onion, sliced
- ½ large Avocado, skinned, pitted, and sliced
- 3 leaves Lettuce of choice (I use Romaine)
- Optional Mayo, mustard, ketchup, bacon, extra BBQ

Directions:

1. Preheat the waffle maker. Mine has multiple settings; I turned it to medium-high.
2. Make sure the tofu is pressed and cut longways into 6 thin slices (makes a square). Dap dry if needed. Rub 1 tbsp of BBQ sauce on the front and back of each slice. Sprinkle each slice with garlic powder.
3. Place tofu squares on the preheated waffle maker and close tight; the iron will pierce the tofu and create resistance when you try to close the waffle maker- that is okay! Cook for 4-5 minutes or until tofu is crispy. Repeat this process until all 6 slices are cooked.
4. While tofu cooks, prep the sandwich toppings. This is also a good time to assemble any side dishes you may want with your sandwich- an idea would be some veggies.
5. Serve 2 tofu patties warm on one toasted bun/bread/bagel with toppings!

Nutrition Facts:

Servings: 3 servings

Serving size: 1 sandwich (2 slices tofu + bun + toppings)

Waffle Maker Crispy Tofu Sandwich		
Nutrition Facts		
Serving Size: 1 Sandwich		
Amount Per Serving		% Daily Value*
Calories	468.7 kcal	23 %
Total Fat	15.1 g	23 %
Saturated Fat	2.1 g	11 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	508.5 mg	21 %
Total Carbohydrate	57.9 g	19 %
Dietary Fiber	10.8 g	43 %
Sugars	6.8 g	
Protein	28.6 g	57 %
Vitamin A	56 %	Vitamin C 13 %
Calcium	33 %	Iron 29 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		