

Spaghetti Tofu

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Servings: 2

1 block tofu

1 to 2 tablespoons cooking oil

12 ounces tomato sauce

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

1/8 teaspoon chili powder

1/8 teaspoon celery seed

1/8 teaspoon seasoned salt

1/4 teaspoon dried basil

1/4 teaspoon dried oregano

1/3 cup Parmesan cheese

Slice the tofu into 1/2-inch-thick slices.

Preheat oil in a non-stick skillet. Add the tofu when the oil is hot. Do not crowd the slices. Cook on medium-high heat for about 10 minutes. Turn the tofu slices over. Top with the remaining ingredients except the cheese.

Lower the heat. Cook another 10 minutes.

Top with Parmesan cheese just before serving.

(Goes well with rice.)

Per Serving (excluding unknown items): 1172 Calories; 119g Fat (88.9% calories from fat); 18g Protein; 16g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 1367mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; 22 1/2 Fat; 0 Other Carbohydrates.