

Spicy Baked Tofu

1 (14 oz pkg)	extra firm tofu
½ cup	nutritional yeast (powder)
1 tsp	turmeric
1 tsp	cayenne pepper
1 tsp	garlic powder
	salt and pepper to taste
	olive oil

1. Preheat oven to 375 F.
2. Place the nutritional yeast and spices in Ziploc bag.
3. Cut tofu into 1" cubes, put into Ziploc bag, shake and slightly press the seasoning onto the tofu.
4. Place tofu in a single layer on a slightly oiled glass or ceramic baking dish.
5. Bake for 30 minutes.

What is nutritional yeast?

It is a deactivated yeast sold commercially as a food product. It is sold in the form of flakes or as a yellow powder and can be found in most health food stores.

On average the nutritional value of 2 tablespoons of nutritional yeast is 60 calories, 5 g of carbohydrates mostly fibre and 9 g of protein (a complete protein) and a good source of Vitamin B-12.