

# CAULIFLOWER TOFU PARMESAN

Serves 6

## Ingredients

- 1 block (14 ounces) **extra firm tofu**
- 2 teaspoons **garlic powder**
- 2 teaspoons **onion powder**
- 2 teaspoons **Italian herb seasoning**
- **Salt and pepper** to taste
- 1 large head of **cauliflower**
- 2 tablespoons **olive oil**
- 1 cup of your favorite **marinara sauce**, extra for serving
- 3 tablespoons of your favorite **pesto**
- 1 cup shredded **mozzarella cheese**
- 1/4 cup grated **Parmesan cheese**

## Nutrition Facts\*

1 serving

Calories: 270

Protein: 17 grams

Total Carbohydrates: 14 grams

Dietary Fiber: 3 grams

Total Fat: 17 grams

*\*Nutrition facts are an estimate and vary based on serving size.*



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## Directions

- 1 Press and slice the tofu into 1/2 inch cubes. Place the tofu in a large bowl.
- 2 In a small bowl, combine the garlic powder, onion powder, Italian herb seasoning, and salt and pepper to taste.
- 3 Break or slice the cauliflower head into florets and add to the cubed tofu.
- 4 Drizzle with 2 tablespoons olive oil and mix to coat the tofu and cauliflower. Then sprinkle the spice mixture over top and stir until tofu and cauliflower are evenly coated. Allow tofu and cauliflower mixture to marinate in the spices for 30 to 60 minutes.
- 5 Preheat oven to 425°F.
- 6 On a parchment—lined baking sheet, spread the cauliflower and tofu into a single layer on the pan and bake for 15 minutes.
- 7 Remove the pan from the oven and spoon the marinara sauce and pesto over the cauliflower and tofu. Then sprinkle the mozzarella and Parmesan cheese over the top. Bake for another 5 to 10 minutes or until the cheese is melted.
- 8 Remove the pan from the oven. Plate and serve as is, enjoy over pasta or rice, or serve inside a lettuce wrap.



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