

Tofu Fries



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"Hey wait a minute, I don't like **tofu**. So why do I like this? That's weird!" This is a direct quote from my six-year-old son at dinner last night. Oddly, (and to my relief), he didn't ask me what it was before trying it. He and his brother both loved these healthy, tasty **fries**!

They are a fantastic side dish with lunch or dinner and also make for a delicious **snack**. Tofu is a highly nutritious **protein-rich** food (made from the curds of soybean milk). My husband doesn't eat poultry or red meat, but tofu can hold its own against those two traditional proteins!

If you want to serve your kids healthy, tasty, and interesting food, make these!

Ingredients:

1 (8 ounce) block extra firm tofu

1 egg

1/4 cup bread crumbs

1/4 teaspoon dry thyme

Salt and pepper

Olive oil

Ketchup

Preparation:

Serves 4

Set aside 3 medium-sized plates and one large plate covered with two paper towels.

Drain the tofu and slice it into sticks -- about 1/2-inch by about 2-inches -- and set aside on one of plates. In a small bowl, beat the egg just enough to blend it. Then pour it on another of the plates. In another small bowl, combine the breadcrumbs with the thyme. Season to taste with salt and pepper, and then pour the contents of the bowl onto the third plate. You've created your assembly line!

Use one hand to pick up a tofu stick, coat it with the egg, and then drop it on top of the bread crumbs. Using your other hand, coat the tofu with the breadcrumbs. The key to keeping this mess-free is to have one hand dry and one wet. Continue this process until all of the tofu is coated with the breadcrumbs.

Over medium-high heat, coat a large saute pan with olive oil. Place the covered tofu sticks in the pan. (You should hear a sizzling sound if the pan is ready -- if you don't wait for the sizzle!) Use a small fork to turn the sticks after about one minute on each side. They should be nicely browned. Remove them from the pan and drain them for a couple minutes on the towel-covered plate. Sprinkle with salt if necessary.

An additional note:

For my son and husband, I use **gluten-free** breadcrumbs, which work great if you want to go that route. My first choice (for my gluten-eaters), would be panko.

We use **Krazy Ketchup** at our house. It's delicious, has much less sugar than regular ketchups, and it has added vegetables! It's my kids' favorite! You can purchase Krazy Ketchup at Bristol Farms, and soon in Whole Foods. You can also order it online.