Baked Tofu Nuggets

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical

What You Need:

- 1 block firm or extra-firm tofu, pressed
- 1/3 cup milk
- 2 tablespoon mustard
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup bread crumbs

What To Do:
1. Press the tofu between two pans layered with cloth or paper towels for at least an hour to remove most of the water content.

2. Slice the pressed tofu into 2 inch sized pieces.

3. Together with your child, whisk milk, mustard, and spices in a bowl.

4. In a separate bowl, have the bread crumbs prepared.

5. Take one piece of tofu and dip it into the milk mixture, then put it into the bread crumbs bowl.

6. Have your child cover the tofu piece with bread crumbs, making sure to cover the tofu completely.

7. Place the tofu piece onto a baking sheet.

8. Repeat the process until all the tofu pieces are covered with bread crumbs.

Make sure to lay the tofu pieces in a single layer on the baking sheet.

9. Bake at 350 degrees for 25 minutes, turning once, until golden brown.