



Tofu Mac & Cheese

PREP TIME

10 min

TOTAL TIME

55 min

Nutrition Information Per Serving

Makes 4 servings

FAT

32g

PROTEIN

26g

CARBS

6g

CALORIES

404

Ingredients

12 oz firm or extra firm tofu

8 oz shredded sharp cheddar cheese

2 large eggs, beaten

¼ cup heavy cream

¼ tsp onion powder

¼ tsp garlic powder

½ tsp dry mustard

⅛ tsp cayenne pepper

Salt & pepper to taste

¼ cup grated parmesan cheese

Instructions

1. Preheat oven to 350 degrees F.
2. Drain tofu, they dry by blotting it with paper towels and pressing down with your hands to squeeze out excess liquid. Cut tofu into small macaroni-like strips. Set aside.
3. Mix all ingredients except for parmesan cheese and tofu together in large bowl. Stir in tofu and pour into a buttered casserole dish then sprinkle parmesan cheese on top.
4. Bake for 40-45 minutes or until golden brown.

Adapted from Food.com