

Best Baked Tofu



Plantrician approved recipe by Andréa Dunnam

Tofu is a versatile, nutrient-dense plant protein that deserves a regular spot in any whole food, plant-based kitchen. Packed with all nine essential amino acids, iron, calcium, and beneficial isoflavones, tofu supports heart health, bone strength, and hormonal balance—especially when replacing animal-based proteins in the diet. When baked to perfection, tofu takes on a deliciously crisp exterior and chewy center, making it a satisfying addition to bowls, salads, wraps, and more. This recipe for the Best Baked Tofu is designed to be simple, flavorful, and ideal for meal prep—showcasing tofu’s power to nourish and delight.

Yield: 2 Cups

Ingredients:

- 1 block (14oz) Extra firm tofu, pressed*
- 1 T Nutritional yeast
- 1 tsp. Salt substitute, e.g., Benson's Table Tasty
- ½ tsp. Ground cumin
- ½ tsp. Garam masala
- ½ tsp. Paprika
- ⅛ tsp. Red pepper flakes

Directions:

-Prepare pressed tofu*

-After 30+ minutes, drain tofu and cut into ¾"-1" cubes, set aside

-In a medium bowl, mix nutritional yeast, salt substitute, ground cumin, garam masala, paprika, and red pepper flakes

-Add tofu and gently toss the tofu cubes with spices, coating well

-Place an even layer of seasoned tofu on a parchment-lined cookie sheet and place in a preheated 400-degree F oven and bake for 25 minutes

-Serve alongside a whole grain and cruciferous vegetable, on top of salad, in stir fry, noodle dishes, Buddha bowls, and breakfast hash

***How to press tofu:**

-Line a baking sheet with some paper towels or a tea towel.

- Place the tofu block on the baking sheet and cover it with more paper towels or another tea towel.
- Place a baking sheet on top of the tofu and stack something heavy to allow water to press out. (I tend to use a heavy pot or a stack of books.)
- Let the tofu drain for at least 30 minutes (and up to 2 hours).

Notes:

- Pressing tofu helps remove excess water and allows for a crispier baked tofu, rather than a more custard-like texture.
- Chili flakes and red pepper flakes are essentially the same thing (dried and crushed red chili peppers).
- Tofu can also be air-fried at 375-degree F for 15-20 minutes.

Recipe Author

Andréa Dunnam of The Plantrician Project, is a plant-based cook who enjoys sharing simple, approachable recipes through live cooking demonstrations. She focuses on creating whole food, plant-based dishes using everyday ingredients that are both nourishing and delicious.

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