

# Tofu Fish Cutlets & Cucumber Salad

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*Acooba's Kitchen*



## Ingredients

1/4 cup almond meal  
1/4 cup nutritional yeast  
1 pkg superfirm tofu  
2 Tbsp. tahini  
2 Tbsp. lemon juice  
2 tsp. Bragg's liquid aminos  
Broth or water  
2 cloves garlic, crushed  
1 sheet nori seaweed  
2 Tbsp. furikake

## 10 steps to yum!

1. Preheat oven to 425° F.
2. Line large baking sheet with parchment paper.
3. Combine almond meal and nutritional yeast in a shallow bowl.
4. Cut tofu into 6 cutlets. Score one side diagonally without cutting through.

5. Stir together tahini, lemon juice, liquid aminos, with enough broth or water to make a thick marinade.
6. Gently coat tofu in marinade.
7. Sprinkle furikake onto scored sides of tofu cutlets.
8. Cut nori to fit tofu slices and place on smooth side of each cutlet.
9. Dredge cutlets in nutritional yeast mixture and place on baking sheet.
10. Bake for about 20 min. serve warm or cold, as desired.

Enjoy!!

