

Nel's Egg-Coated Baked Tofu with Feta, Avocado & Fresh Salsa

Ingredients

- 1 block extra-firm tofu
- 2-3 tablespoons melted butter
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Freshly ground black pepper
- Celtic sea salt, to taste
- ½-1 cup JUST Egg
- ¼-½ cup Violife Feta
- 2-4 tablespoons nutritional yeast
- Fresh salsa
- Fresh peppers, chopped
- 1 avocado, sliced or diced

Instructions

1. Press the Tofu

Press the extra-firm tofu using a tofu press and let air dry for approximately **20-30 minutes** to remove excess moisture.

2. Slice

Cut the tofu into large thin rectangular patties or slabs.

3. Season

Combine the melted butter with:

- Onion powder
- Garlic powder
- Black pepper
- Celtic sea salt

Dip each tofu slice into the seasoned butter until lightly coated.

4. First Bake

Arrange the tofu in a single layer on a parchment-lined baking sheet.

Bake at **400°F (205°C)** for **20 minutes**, allowing the tofu to become lightly firm and golden.

5. Coat with JUST Egg

Remove the tofu from the oven.

Place the tofu pieces close together so they support one another and help hold the JUST Egg in place. Coat the tofu in the Just Egg. Place in Pan. Slowly pour the JUST Egg over the tofu, making sure each slice is well coated.

6. Add the Toppings

Sprinkle generously with:

- Violife Feta
- Nutritional yeast (this helps absorb some of the egg while creating a savory crust)
- Freshly ground black pepper
- Garlic powder
- Onion powder

7. Finish Baking

Return to the oven and bake for another **15-20 minutes**, or until the JUST Egg is fully set and the top is lightly golden.

Serve With

Top each serving with:

- Fresh salsa
- Chopped sweet peppers
- Sliced avocado

Enjoy!

Optional Additions

For even more flavor, try adding:

- Smoked paprika
- Italian seasoning
- Fresh parsley
- Chives
- Green onions
- Everything bagel seasoning
- Red pepper flakes for heat

This recipe creates a crispy, buttery tofu base with a fluffy egg-like topping, tangy feta, and a rich, cheesy finish from the nutritional yeast. The fresh avocado, peppers, and salsa add brightness and creaminess, making it a satisfying breakfast, brunch, or protein-packed dinner.

So delicious!