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with Jamie Geller

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## VEGAN "CHICKEN PARMESAN"

NATASHA ROSENSTOCK NADEL · DEC 20, 2015

10 SHARES



This Vegan "Chicken Parmesan" is a yummy treat for when you want a "vegetarian meat" but want to avoid the over-processed stuff. Typical fake meats are high in sodium and contain MSG in various forms, along with soy protein isolate, both of which may cause gastric distress, among other health issues. This recipe is not only easy to make, it acts as a sophisticated main dish for your adult guests, and you can make "sticks" that your kids can dip into [marinara sauce](#). (In that case, they can also be called vegan mozzarella sticks!)

50MIN DURATION	40MIN COOK TIME	10MIN PREP TIME	8 SERVINGS
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### INGREDIENTS

2 blocks extra firm sprouted tofu, or extra firm tofu, drained and, if desired, pressed

Olive oil spray

¼ cup whole wheat or gluten-free panko bread crumbs

½ teaspoon dried Italian seasoning

¼ teaspoon sea salt

1 tablespoon nutritional yeast

2 cups pasta sauce

### PREPARATION

1. Heat oven to 400°F. Cut tofu into ¼-½ inch thick "steaks" by cutting parallel to the cutting board, through the whole block. Each block of tofu will make approximately 5 steaks.
2. Place parchment paper on two large cookie sheets (1 block of tofu per sheet) and spray with olive oil or other non-stick spray.
3. Mix breadcrumbs, Italian seasoning, salt and nutritional yeast together in a small bowl. Place the tofu 1 inch apart on the cookie sheets. Spray top with olive oil. Sprinkle approximately ½ teaspoon of the breadcrumb mix on the top of each steak. Place cookie sheets in oven until tops are browned, approximately 15-20 minutes.
4. After the tops are browned, take the trays out of the oven and flip the tofu steaks over. Spray with olive oil again. Sprinkle another ½ teaspoon of the breadcrumb mix on each piece of tofu. Spray with olive oil again. Place back in the oven another 15-20 minutes or until browned. You want the pieces to get a

5. Remove from oven and top each piece with 1 tablespoon (or more!) [pasta sauce](#). Serve with [Sweet Potato Fries](#).

*This recipe is reposted with permission from [The Healthy Family, Healthy You Cookbook](#), by Natasha Rosenstock Nadel.*

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#### NATASHA ROSENSTOCK NADEL

Named "Most Creative Problem Solver," by Dr. Neil Barnard and his staff at the conclusion of her Physician's Committee for Responsible Medicine migraine study group, Natasha Nadel is a journalist and a mom who provides healthy substitutes for the typical shortcuts parents make when trying to feed their family quickly. Natasha wrote her [cookbook](#) and Healthy Mama's Guide for parents like her who don't want to work so hard to feed their children healthy and delicious meals made from whole foods. She lives outside Washington, DC with her husband, son and daughter.

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