

SKILLET TOFU

1 lb. of super firm tofu, pat dry and cut into ¼ inch cubes
3 tsp McKay's Chicken Style Seasoning
2 tsp dried basil
1 tsp dried parsley
½ tsp Italian seasoning
2 tsp garlic powder
1 tsp onion powder
¼ tsp ground turmeric
¼ tsp black pepper
¼ tsp crushed red pepper
2 tsp extra virgin olive oil
1 tsp smoked paprika (for garnish)

Place all of the dry ingredients (except for smoked paprika) in a COLD nonstick skillet and mix well. Add the cubed super firm tofu to the skillet and coat the tofu (I use a nonstick spoon to toss the tofu around) until all dry ingredients are sticking to the tofu. Make a small well in the skillet and add the oil. Turn the burner on medium heat and allow the oil to heat up (it will disappear). THEN, begin tossing/folding the tofu in the pan until it is heated through (about 5 minutes or more). It should have a pretty yellow color from the turmeric. Remove from heat and sprinkle with the smoked paprika. Place lid on skillet for a few minutes to allow the smoked paprika to steam into the tofu. Enjoy!