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Simply Seasonal

Tofu Sunflower Seed Fritters

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Tofu Sunflower Seed Fritters

Ingredients

- *1# firm tofu, well drained
- ½ cup toasted sunflower seeds
- 2 Tbsp ground flax seed
- 2 Tbsp garbanzo flour
- ¼ cup soy sauce
- 1-2 tsp Italian seasoning
- ½ tsp salt
- ¼ tsp pepper
- *Marinara Sauce or Yumm! Sauce

*can be found locally

Directions

Preheat oven to 375°F. Oil a 9x13-inch baking dish. Grind the toasted sunflower seeds in a food processor, remove and set aside. Place half the tofu in the food processor and blend until creamy and smooth. Crumble the remaining tofu in a bowl. Add sunflower seeds, creamed tofu and garbanzo flour and mix briefly. Add soy sauce, Italian seasoning, salt & pepper and mix well. Form into patties and place into prepared baking dish. Bake 15 minutes, then brush the top of each fritter with olive oil. Continue baking 10-15 minutes more until well browned and a little crispy. Serve with Marinara Sauce or Yumm! Sauce.