



A Block of Tofu, 12 Delicious Ways

vegan recipes beyond stir fry

by Amy Katz

Veggies Save The Day



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Welcome!



Tofu is one of the most versatile ingredients in a vegan kitchen, but it's easy to fall into a stir fry rut.

This collection brings together 12 of my favorite ways to turn a simple block of tofu into flavorful meals for breakfast, lunch, dinner, and everything in between.

Inside you'll find skillet meals, sheet pan dinners, baked favorites, tacos, sandwiches, tofu feta, and even tofu meatballs. Some recipes are quick enough for weeknights, while others are perfect for meal prep.

Whether you're already a tofu fan or still tofu-curious, I hope these recipes give you fresh inspiration for what to make next.

Let's dig in!

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amykatz@vegiessavetheday.com

Before you get started

Choose the right tofu

The recipes in this collection use super firm or extra-firm tofu. I recommend super firm tofu, which is usually vacuum-packed and does not need to be pressed. Extra-firm tofu packed in water works well too, but you'll usually want to press it first to remove excess moisture.

Press when needed

If your tofu is packed in water, press it before cooking so it can better absorb seasonings and crisp up around the edges. A tofu press is handy, but you can also wrap the tofu in a clean kitchen towel and place something heavy on top for 20 to 30 minutes.

Tear, cube, slice, or crumble

Changing the shape changes the texture. Torn tofu pieces get crispy edges, cubes are great for skillet recipes, thin slices work well for sandwiches, and crumbles are perfect for tacos and scrambles.

Season generously

Tofu is mild on its own, which is exactly why it works so well in so many recipes. Herbs, spices, sauces, marinades, and condiments are where the magic happens.

Store leftovers

Most cooked tofu recipes keep well in an airtight container in the refrigerator for 3 to 4 days. Some can also be frozen, which makes tofu a meal prep MVP.

Vegan Pesto Tofu Scramble

Pesto tofu scramble brings big basil flavor to breakfast. Loaded with veggies and finished with dairy-free pesto, this easy vegan scramble is ready in under 30 minutes.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	15 mins	30 mins	4

Ingredients

For the pesto:

- 1 cup fresh basil leaves, tough stems removed
- 1 clove garlic, minced
- 3 Tablespoons extra virgin olive oil
- 1 Tablespoon pine nuts (or hemp seeds)
- 1 Tablespoon nutritional yeast
- 1 teaspoon lemon juice
- Salt and pepper, to taste

For the tofu scramble:

- 1 Tablespoon extra virgin olive oil
- ½ onion, chopped
- 1 clove garlic, minced
- 1 cup white or brown mushrooms, sliced
- 1 cup baby spinach leaves
- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed)
- ½ teaspoon turmeric
- 2 Tablespoons nutritional yeast
- A few pinches Kala Namak black salt (optional)
- Salt and pepper, to taste

Instructions

1. Prepare the pesto by combining all the pesto ingredients in the bowl of a food processor. Pulse, scraping down the sides of the bowl as necessary, until combined but not completely smooth. Set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and saute until soft and slightly translucent.
3. Add the garlic, mushrooms, and spinach. Saute until the mushrooms are soft and the spinach is wilted.
4. Crumble the tofu over the vegetables and add the turmeric, nutritional yeast, and Kala Namak, if using, plus salt and pepper. Stir well to combine. Cook until the tofu is heated through.
5. Remove the skillet from the heat, stir in the pesto, and serve.

Amy's note

Refrigerate leftovers in an airtight container for 2 to 3 days. Reheat in the microwave, oven, or in a skillet over medium-low heat until heated through.

Skillet Maple Dijon Tofu

Sweet and tangy maple Dijon tofu is cooked in a skillet until lightly browned, then coated in a quick maple mustard glaze that clings to every cube. Made with just 4 ingredients, no marinating required, and ready in about 30 minutes.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 mins	25 mins	30 mins	4

Ingredients

- 2 Tablespoons extra virgin olive oil
- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry and cubed
- 3 Tablespoons pure maple syrup
- 3 Tablespoons Dijon mustard
- Salt and pepper, to taste

Instructions

1. Heat the olive oil in a large nonstick skillet over medium heat.
2. Add the tofu and cook until lightly browned on all sides, flipping several times.
3. Meanwhile, whisk together the maple syrup, Dijon mustard, salt, and pepper.
4. Pour over the browned tofu, and cook, stirring occasionally, until the sauce is absorbed and clings to the tofu.

Amy's note

Leftover tofu can be refrigerated in an airtight container for up to 3 days. Enjoy reheated or cold straight from the fridge.

Skillet Lemon Pepper Tofu

Skillet lemon pepper tofu is crispy, citrusy, and ready in about 30 minutes. Serve it with rice, potatoes, or veggies for an easy weeknight dinner.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	20 mins	30 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry
- ¼ cup cornstarch
- 1½ Tablespoons lemon pepper seasoning
- 2 Tablespoons extra virgin olive oil
- 1 lemon for serving
- Fresh parsley for garnish

Instructions

1. Slice the tofu in half crosswise. Cut each half into 6 squares about 1/2 inch thick.
2. In a small bowl with a flat bottom, whisk together the cornstarch and lemon pepper seasoning. The bowl should be wide enough to dredge the tofu squares one at a time.
3. Dredge each piece of tofu on both sides, then tap off any excess. Place the coated tofu in a single layer on a plate or cutting board while you finish dredging the rest.
4. Heat the olive oil in a large nonstick skillet over medium heat.
5. Add the tofu to the skillet in a single layer, leaving a little space between pieces so they do not touch. Cook for about 6 to 8 minutes per side, or until crispy and golden.
6. Remove the skillet from the heat. Squeeze lemon juice over the tofu, garnish with parsley, and serve right away.

Amy's note

Leftover tofu can be refrigerated in an airtight container for up to 4 days. Enjoy reheated.

Saucy Skillet Balsamic Tofu



Saucy, savory, and tangy, Mediterranean-inspired balsamic tofu is easy to make in a skillet in 30 minutes with only 5 ingredients. No marinating required.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 mins	25 mins	30 mins	4

Ingredients

- 2 Tablespoons extra virgin olive oil
- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry and cubed
- ¼ cup balsamic vinegar
- 2 Tablespoons Dijon mustard
- 2 Tablespoons tamari (or soy sauce, if not gluten-free)

Instructions

1. Heat the olive oil in a large nonstick skillet over medium heat.
2. Add the tofu and cook until lightly browned on all sides, flipping several times.
3. Meanwhile, whisk together the balsamic vinegar, Dijon mustard, and tamari.
4. Pour over the browned tofu and cook, stirring occasionally, until the sauce is thick and clings to the tofu.

Amy's note

Leftover tofu can be refrigerated in an airtight container for up to 3 days. Enjoy reheated or cold straight from the fridge.

Sheet Pan Tofu Fajitas

Sheet pan tofu fajitas feature torn tofu, bell peppers, and red onion tossed with a homemade spice blend, then roasted until browned and tender.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	25 mins	40 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry and torn into bite-sized pieces
- 2 bell peppers, cut in strips
- 1 red onion, sliced
- 2 Tablespoons extra virgin olive oil
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- Salt and pepper, to taste
- Warmed tortillas, for serving
- Guacamole, salsa, vegan sour cream, etc. for serving

Instructions

1. Preheat the oven to 425°F. Line a large baking sheet with parchment paper for easier cleanup and set aside.
2. Place the torn tofu, bell pepper strips, and onion slices in a large mixing bowl. Drizzle with the olive oil and toss well to coat.
3. In a small bowl, combine the chili powder, paprika, cumin, garlic powder, oregano, salt, and pepper. Mix the seasonings together, then add to the bowl of tofu and vegetables. Toss well to coat.
4. Transfer the mixture to the sheet pan and spread out in a single layer as much as possible.
5. Roast for 15 minutes, stir, then bake 10 to 15 minutes longer until the tofu is browned and the vegetables are tender.
6. Serve immediately with warmed tortillas and your favorite toppings.

Amy's note

Store leftovers in an airtight container in the refrigerator for up to 5 days.

Rosemary Tofu with Nutritional Yeast

Easy to make in 30 minutes, rosemary tofu is seasoned with dried herbs and nutritional yeast, then baked until crispy.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 mins	25 mins	30 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry, torn into bite-sized pieces
- 2 Tablespoons extra virgin olive oil
- ¼ cup nutritional yeast
- 2 teaspoons dried rosemary
- 1 teaspoon dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Salt and pepper, to taste

Instructions

1. Preheat the oven to 400°F.
2. In a large mixing bowl, toss the torn tofu pieces with the olive oil so the pieces are well coated.
3. Add the nutritional yeast, rosemary, thyme, garlic powder, onion powder, salt, and pepper. Toss again until the tofu is well coated.
4. Spread out the tofu in a single layer on a sheet pan lined with parchment paper for easier cleanup.
5. Bake for 25 to 30 minutes, tossing halfway through, until the tofu is lightly browned and crispy on the outside. Carefully remove from the oven and enjoy.

Amy's note

Leftovers will keep for up to 3 days in an airtight container in the refrigerator. Enjoy reheated or cold.

Baked Tofu Steaks with Lemon and Garlic

Baked tofu steaks are loaded with flavor from lemon, garlic, and thyme. This easy vegan entree pairs perfectly with your favorite grains and vegetables.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	40 mins	1 hr 55 mins	4

Ingredients

- 4 Tablespoons extra virgin olive oil
- 4 cloves garlic, minced
- 4 Tablespoons lemon juice (from 2 lemons)
- 2 Tablespoons lemon zest (from 2 lemons)
- 1 teaspoon fresh thyme (or ¼ teaspoon dried thyme)
- Salt and pepper, to taste
- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed)

Instructions

1. Add the olive oil, garlic, lemon juice, lemon zest, thyme, salt, and pepper to a baking dish.
2. Cut the tofu into 8 equal-sized pieces.
3. Coat both sides of each piece of tofu in the marinade. Place the tofu in the baking dish with the marinade, then cover and refrigerate for at least an hour or overnight.
4. Bake uncovered in a 375°F oven for 40 to 45 minutes until firm and lightly browned, flipping the tofu pieces halfway through.

Amy's note

Be sure to zest the lemons before juicing them. If you have time, marinate the tofu overnight for maximum flavor. Leftovers will last up to 3 days in an airtight container in the refrigerator.

Crispy Vegan Pesto Tofu

Vegan pesto tofu is ready in under 30 minutes using store-bought or homemade pesto in an oven or air fryer. Tearing the tofu creates crispy edges and extra surface area for the sauce to cling to.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 mins	20 mins	25 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry, torn into bite-sized pieces
- ½ cup vegan pesto, divided
- Salt and pepper, to taste

Instructions

1. In a large mixing bowl, toss the torn tofu pieces with ¼ cup pesto plus salt and pepper, to taste, until well coated.
2. To bake: Spread the tofu in a single layer on a sheet pan lined with parchment paper. Bake in a 400°F oven for 20 to 25 minutes, tossing halfway through, until lightly browned and crispy on the outside.
3. To air fry: Place the tofu in the basket of an air fryer in a single layer, working in batches if needed. Air fry at 400°F for 10 to 15 minutes, shaking the basket halfway through, until lightly browned and crispy on the outside.
4. Transfer the tofu to a serving plate and drizzle with the remaining ¼ cup pesto or serve it on the side for dipping.

Amy's note

Leftovers will keep for up to 3 days in an airtight container in the refrigerator. Enjoy reheated or cold straight from the fridge.

Baked Tofu Sandwich

Turn a block of tofu into a deli-style meat alternative for a delicious tofu sandwich with your favorite bread and toppings.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	15 mins	30 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), patted dry
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon tamari (or soy sauce, if not gluten-free)
- Sliced bread and your favorite toppings for serving

Instructions

1. Preheat the oven to 400°F (200°C).
2. Slice the block of tofu into thin slices. You should have approximately 16 slices.
3. Whisk together the balsamic vinegar, Dijon mustard, and tamari in a medium mixing bowl.
4. One by one, dip each piece of tofu into the bowl so that each side is coated. Allow the excess to drain off, then place each slice in a single layer on a baking sheet lined with parchment paper.
5. Bake for 15 minutes, flipping halfway through, or until the slices appear dry and are lightly browned.
6. Remove from the oven and use right away, or allow to cool, then build your sandwiches with your favorite bread and toppings.

Amy's note

Leftover tofu slices can be refrigerated in an airtight container for 4 to 5 days.

Vegan Tofu Meatballs

Vegan tofu meatballs are easy to make without breadcrumbs or eggs. Enjoy this hearty plant-based alternative with your favorite sauce, gravy, or on their own.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	30 mins	45 mins	3

Ingredients

- 1 Tablespoon ground flax seeds (flax meal)
- 3 Tablespoons water
- ½ cup rolled oats, certified gluten-free if necessary
- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed)
- 2 Tablespoons tomato paste
- 1 Tablespoon Dijon mustard
- 1 Tablespoon tamari (or substitute soy sauce if not gluten-free)
- 1 Tablespoon Italian seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1 Tablespoon extra virgin olive oil

Instructions

1. In a small bowl, whisk together the ground flax seeds and water to combine. Set aside.
2. Add the oats to the bowl of a food processor. Process until a coarse flour is formed. Set aside.
3. If baking, preheat the oven to 400°F. If air frying, preheat the air fryer to 425°F.
4. In a large mixing bowl, crumble the tofu with your hands until it resembles the texture of ground meat.
5. Add the flax seed mixture, oat mixture, tomato paste, Dijon mustard, tamari, Italian seasoning, onion powder, garlic powder, salt, and pepper. Mix with your hands until well combined.
6. Use your hands to form the tofu mixture into about 14 balls about an inch in diameter. Lightly squeeze so the mixture stays together. Place the balls on a lined baking sheet or in the basket or tray of an air fryer. Brush each ball with the olive oil.
7. Bake for 25 to 30 minutes or air fry for 20 minutes, flipping halfway through, until golden brown and slightly crispy on the outside.

Amy's note

Makes approximately 14 meatballs. It is easier to form the balls if your hands are wet. Leftover cooked tofu meatballs can be refrigerated for 3 to 4 days or frozen for up to 3 months.

Crumbled Tofu Tacos

Seasoned tofu crumbles are baked until lightly crisp, then tucked into tortillas with your favorite veggies and sauce.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	30 mins	40 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed)
- 2 Tablespoons extra virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon cayenne pepper
- Salt and pepper, to taste
- 8 small tortillas, warmed
- Vegetables, herbs, and sauce for serving

Instructions

1. Heat the oven to 400°F/200°C.
2. Using your hands, crumble the tofu in a mixing bowl. Add the olive oil and spices and mix with a fork to combine.
3. Spread out the tofu mixture in an even layer on a baking sheet.
4. Bake on the center rack until lightly browned and slightly crispy on the outside, mixing after about 15 minutes. Bake for 30 minutes total for crunchier crumbles, and less time for softer crumbles.
5. Assemble your tacos by adding the tofu filling to the warm tortillas along with your favorite toppings.

Amy's note

Leftover tofu crumbles can be refrigerated in an airtight container for 3 to 4 days or frozen for up to 3 months.

Marinated Tofu Feta

Marinated tofu feta is a delicious vegan alternative to traditional feta cheese. It's easy to make with tofu, vinegar, dried oregano, and salt. Perfect for salads.



PREP TIME	MARINATING TIME	TOTAL TIME	SERVINGS
5 mins	2 hrs	2 hrs 5 mins	4

Ingredients

- 1 16-ounce block super firm tofu (or extra-firm tofu, pressed), cut into cubes
- ¼ cup coconut vinegar (or substitute champagne vinegar or apple cider vinegar)
- 1½ teaspoons dried oregano
- ¼ teaspoon sea salt

Instructions

1. Place the tofu cubes in a resealable glass container or zipper bag.
2. Add the vinegar, oregano, and salt.
3. Seal the container, then gently shake to combine.
4. Refrigerate for at least 2 hours or overnight for maximum flavor.

Amy's note

Store the tofu feta in an airtight container in the refrigerator for up to 4 days.



Thank you!

I hope this collection gives you plenty of fresh ideas for turning a simple block of tofu into something you're excited to eat.

For more vegan recipes with California roots, Mediterranean sunshine, and simple ingredients, visit Veggies Save The Day.

vegiessavetheday.com

*Love and Veggies,
Amy*