

Tofu Spaghetti Balls

Serves 4–6 | Makes about 24 balls

Ingredients

- ¾ lb. firm tofu, mashed
- ½ cup breadcrumbs, rolled oats, flour, or crushed cornflakes
- 1½ tablespoons peanut butter
- 3 tablespoons soy sauce or Bragg Liquid Aminos
- ¼ cup fresh parsley, finely chopped
- 1 small onion, finely chopped
- ½ teaspoon dry mustard
- ⅛ teaspoon dried basil
- A little flour for coating
- Oil for cooking



Instructions

1. Mix all ingredients well.
2. Shape into 1½-inch balls.
3. Lightly roll each ball in flour.
4. Cook in a lightly oiled pan over medium heat.
5. Turn often and cook until golden brown on all sides.

Serving Ideas

- Serve over hot spaghetti with Italian-style tomato sauce.
- Add steamed vegetables or a fresh green salad.
- Sprinkle with fresh parsley or nutritional yeast.

Nutrition Benefits

- Tofu provides plant-based protein.
- Oats or breadcrumbs help make the balls filling and satisfying.
- Parsley and onion add flavor and helpful nutrients.

Approximate nutrition per ball: 58 calories, 2 g protein, 4 g fat, and 3 g carbohydrates.

REFERENCE:

Adapted from *TOFU Cookery* by Louise Hagler