

## **Buffalo Tofu Sandwiches**

### **Ingredients**

#### Sweet Quick Pickles

- ½ english cucumber, sliced thin
- ¾ cup of water
- ½ cup organic cane sugar
- ⅓ cup white vinegar
- Pinch of salt

#### Garlic Buffalo Tofu

- 1 block extra firm tofu
- 1 cup non dairy milk (vegan) or any milk
- ¾ cup all purpose flour
- Pinch of salt
- 1 ½ cups of Panko bread crumbs
- 6 tbsp of butter
- 4 cloves of garlic
- 1 bottle of Hot Sauce
- 1 tbsp of Agave syrup

#### Sandwiches

- Buns
- Romaine Lettuce
- Blue cheese or ranch

### **Process**

1. First make the sweet pickles
2. In a small saucepan, heat the water, sugar and salt on medium high. Bring to a simmer and reduce heat to low. Remove from heat and let cool.
3. Add vinegar to the saucepan stir and then pour over cucumbers. Let them sit while you press and bake the tofu.
4. Slice the block of tofu into ½-¾ inch thick slices and cut those diagonally.
5. Preheat oven to 425
6. 3 medium bowls with non dairy milk or milk, flour and salt, and panko bread crumbs.
7. Place tofu in the flour mixture (shake off), then milk mixture and lastly into the bread crumbs. Press the bread crumbs into the tofu.

8. Place each tofu piece on a baking sheet then bake for 12-15 minutes then flip for another 12-15 minutes.
9. Once the tofu goes in, make the sauce. Add 2 tbsp of butter in a medium saucepan until melted. Add the garlic and saute for 2-3 minutes.
10. Add the hot sauce, remaining butter and agave to the saucepan. Reduce heat to low and simmer 2-3 minutes then leave on the stove.

Assemble your sandwiches and enjoy! Lots of options on these sandwiches. Make extras for snacks during the day.