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Easy Tofu Turkey Loaf

By Lucia Tiffany, MPH, RN, CLC

Tofu Loaf Ingredients

- 5 lbs extra firm water-packed tofu
- 1Tbsp plus 3/4 tsp salt
- 1 Tbsp (heaping) dried oregano, crushed
- 1/2 tsp granulated onion
- 1/2 package of phyllo dough (whole grain if you can find it)
- Non-stick coconut spray (or non-GMO canola, butter flavored is good)

Pineapple Cranberry Stuffing Ingredients

- 1 recipe of Pineapple Cranberry Stuffing

Basting Mixture Ingredients

- 1/4 cup toasted sesame oil
- 1/3 cup Braggs Liquid Aminos
- 1 Tbsp lemon juice
- 1/2 tsp garlic powder
- 1/4 tsp turmeric

Instructions

1. Mash tofu or mix well with hands. Be sure that all of the lumps are out. Add the salt, oregano and onion and mix well.
2. Place in a large cheesecloth folded into 2-4 layers and wring out all the liquid that you can. Might be as much as a cup. You can the cheesecloth in a colander with a weight it and put it in the fridge for a while to drain if you want, but if in a hurry just do the wringing and then place the pressed tofu in a large mixing bowl.
3. Divide the tofu into two portions.
4. Line a sprayed 10×13 casserole dish with about 6 sheets of phyllo, spraying each layer lightly before placing the next. Overlap them so that there is some extra that hangs over all four sides of the dish.
5. Press 1/2 the tofu into the bottom of the casserole dish. Should be a layer about 3/4 inch thick. Press it firmly to help it hold together.
6. Cover this layer with a good layer of the stuffing, about the same thickness.
7. Put the rest of the tofu in the top layer and press down firmly. Drizzle about 1/2 of the basting sauce over the top. Make a top crust with the rest of the phyllo sheets, using a pastry brush to bursh lightly with the rest of the basting sauce. Save a bit of basting sauce for the very top sheet and the next basting during the baking. Use the extra phyllo that overlaps the edge of the dish to make a roll around the top edges like the edge of a crust. Brush all with the basting sauce.
8. Cover the loaf with foil and bake at 400°F. for 1 hour. Remove foil. Baste again and return to 350°F oven until lightly browned. Remove from oven and baste one final time. Allow to cool slightly.
9. Cut into squares and serve with the gravy of your choice (Portobello Mushroom Gravy is fantastic) and cranberry sauce. This recipe makes great leftovers and is also great in sandwiches.