

**Hot Wengs with Carrots & Celery**

Servings: 2

Prep Time: 3 days

Cook Time: 1 hour 10 minutes

Total Time: 1 hour 10 minutes

**Equipment Needed:** Saran Wrap/Cling Wrap, Cookie Sheet, Heavy Saucer, Clean Dish Cloth, Skillet, Knife, Spoon, Measuring Utensils, Shallow Dish

**Ingredients:**

 Cooking Spray for Cookie Sheet

1 pound Extra Firm Tofu, frozen 1 day, then dried 1 day, then wrapped in Chikn Style Seasoning

3 Tablespoons McCormick's Montreal Chicken Seasoning

3 Tablespoons Cornstarch

3 Tablespoons Chickn Style Seasoning\*

 1 1/3 Cup Nutritional Yeast Flakes

 3 Tablespoons Onion Powder

 2 ½ teaspoons Garlic Powder

 2 Tablespoons Sea Salt

 ½ teaspoon Celery Seed

 2 Tablespoons Italian Seasoning

 1 ½ teaspoon Paprika

 1 Tablespoon Parsley Flakes

 \*Blend together and store in air tight glass container

**Directions:**

1. Pound of Tofu, frozen 1 day, then dried out 1 day, then wrapped in Chickn Style Seasoning and McCormick's Montreal Chicken Seasoning overnight (3 days total).

2. Slice the Tofu into 12 Weng Sticks and Cook them at 350 degrees for 30 minutes. Meanwhile, cut up the Carrots and Celery Sticks. Once 30 minutes have passed, turn the Wengs Sticks and cook for an additional 30 minutes.

3. When Wengs are done, place them in a shallow dish covering them with 3 Tablespoons Cornstarch and place them in a hot skillet with a little oil on Medium Heat.

4. Place Wengs into hot skillet for 1 minute, then add 3-6 Tablespoons Hooters Wing Sauce (based on your preference) for 1-2 minutes.

5. Serve Hot Wengs with your Favorite Ranch Dressing, Carrots & Celery. NOTE: you can use any Hot Wing Sauce that you like. Eat and Enjoy!