



Give Them More
— of the —
Good Stuff!

Tofu Basics



Shop and Save

❁ Tofu is usually in a refrigerated case. It may be packed in water or vacuum packed without water. There are also shelf-stable packages that do not need refrigeration until opened.

❁ For best quality, use unopened tofu by the 'Best by' date on the package.

❁ Match the type of tofu to the recipe. Soft or silken tofu has a creamy texture and blends easily. Medium will crumble easily. Firm, extra-firm or super-firm tofu will hold its shape.

*Tofu is high in protein, low in fat,
and a good source of calcium,
iron and B vitamins.*



Pressing Tofu

Pressing tofu removes excess water and makes it more firm. Flavor marinades may absorb more easily.

❁ Soft or silken tofu is too fragile to press well. Use it as is for creamy dishes like smoothies and dips.

❁ Frozen tofu will have an open texture with larger, visible holes. Press water out easily with clean hands. It absorbs marinades well.

❁ To press fresh medium to super-firm tofu, apply gentle, steady pressure:

1. Place tofu between layers of clean towels on a plate.
2. Cover with another flat plate to help distribute the weight.
3. Place a large can of food or item of similar weight on top of the plate. This will press out the liquid without collapsing the tofu.
4. Let the tofu sit for 30 minutes or longer. Replace towels if needed.
5. Cut the tofu into desired pieces and use or freeze.

Store Well Waste Less

- Store unopened tofu the same way you found it in the store. If not used by the 'Best by' date, tofu will be lower quality but may be safe to eat. Look for signs of spoilage.
- Spoiled tofu has a strong sour smell and may feel slimy.
- Refrigerate all tofu after opening and use within 5 days. Cover with

fresh water and change daily.

■ Freeze tofu for up to 5 months. The texture will become more firm, chewy and sponge-like. The color darkens. Soft or silken tofu will no longer be creamy.

- Freeze the tofu as purchased, or drain, press and cut it before freezing in a labeled, airtight container.



*Crumble tofu
to replace ground
beef in tacos, spaghetti
and other seasoned
mixtures.*



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We're on:



Enjoy Tofu

Tofu Banana Pudding

Ingredients:

- 16 ounces **silken tofu**
- 3 ripe **bananas** (mash 2, slice 1)
- 2 Tablespoons **sugar**
- 1 teaspoon **vanilla**

Directions:

1. Wash hands with soap and water.
2. Rinse fresh fruits under running water before preparing.
3. Combine tofu, 2 mashed bananas, sugar and vanilla. Blend until smooth.
4. Pour into a serving bowl or dishes.
5. Cover and refrigerate until chilled. Top with sliced banana just before serving.
6. Refrigerate leftovers within 2 hours.

Makes 3 1/2 to 4 cups

Prep time: 15 minutes + chilling

Tofu "Egg" Salad

Ingredients:

- 1 cup (3 ounces) extra-firm **tofu**
- 2 Tablespoons diced **celery**
- 1 Tablespoon finely minced **onion**
- 1 Tablespoon light **mayonnaise**
- 1 Tablespoon nonfat or lowfat plain **yogurt**
- 1/4 teaspoon prepared **mustard**
- 1/2 teaspoon **lemon juice**
- 1/8 teaspoon each **salt** and **pepper**
- 1/8 teaspoon **dill** (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables before preparing.
3. Press tofu and crumble into a bowl. Mix in celery and onion.
4. In a separate bowl, combine mayonnaise, yogurt, mustard, lemon juice and spices. Mix well.
5. Add the dressing to the tofu mixture. Stir gently until combined.
6. Use for sandwiches, wraps or salad.
7. Refrigerate leftovers within 2 hours.

Makes 1 cup

Prep time: 20 minutes

Baked Tofu

Ingredients:

- 16 ounces firm or extra-firm **tofu** (fresh or frozen and thawed)

Marinade ingredients of your choice:

Soy-Honey Marinade

- 2 Tablespoons low-sodium **soy sauce**
- 2 Tablespoons **vinegar** (cider, rice or balsamic)
- 1 Tablespoon **honey** or brown sugar
- 1 Tablespoon **vegetable oil** (try sesame oil)

Soy-Lime Marinade

- 1/3 cup low-sodium **soy sauce**
- 1/3 cup **lime juice**
- 3 Tablespoons **vegetable oil** (try sesame oil)

Directions:

1. Wash hands with soap and water.
2. Press tofu. Cut into your choice of shapes: cubes, slices, sticks or triangles.
3. Mix marinade ingredients. Add tofu pieces. Marinate 30 minutes or longer.
4. Drain tofu and place pieces on a baking sheet. Foil on the baking sheet makes cleanup easy.
5. Bake at 350 degrees F until the tofu is firm and lightly browned, about 30 minutes. Turn pieces once during baking.
6. Refrigerate leftovers within 2 hours.

Makes about 2 cups

Prep time: 30 minutes to press plus 30 minutes to marinate

Bake time: 30 minutes

Visit FoodHero.org for more flavorful tofu recipes.



• **When kids help make healthy food, they are more likely to try it. Show kids how to:**

- **measure and mix ingredients.**
- **crumble tofu or cut it into slices, cubes or sticks.**