

COOKING WITH TOFU

A few things to consider when purchasing tofu:

Styles: Soft – best used for spreads and desserts Silken – smoother consistency than soft
Firm – good for main dish or desserts Extra-Firm – good for main dish

Freshness: Fresh tofu should not have a strong odor; if the tofu has a sour or strong smell when the package is first opened, it is probably not fresh and should be discarded. It is best to check the package date before purchasing.

Tips for tofu cooking:

Tofu has little flavor of its own, and picks up the flavor of the foods & sauces it is mixed with. In order to do this, it is important to remove as much water from the tofu as possible before cooking with it. Two possible methods to remove excess water: cut into ½ inch slabs and press gently between palms of your hands; cut into ½ inch slabs, place between layers of cotton tea towel and apply pressure with a heavy book or wooden cutting board.

Using as a meat substitute: To increase the texture of tofu for a main dish, freeze tofu in original container and thaw before using. This will change the structure of the cells and provide a chewier product.

Popcorn Tofu

Using extra-firm tofu that has been frozen and thawed, cut into ½ inch slabs and press water out. Cut slabs into bite-sized cubes, and toast on a non-stick skillet on medium heat, stirring frequently. When the outside is lightly browned, sprinkle soy sauce on cubes, and continue to cook until outside is browned and toasted. Mix with sauce of choice & serve.

Morning Tofu Spread

2/3 cup unsweetened applesauce	1/2 tsp cinnamon
8 oz firm tofu	1/2 tsp nutmeg
2 T honey	1 tsp vanilla
2 T lemon juice	2 tsp whole-wheat flour

Preheat oven to 350. Grease small baking dish. Place all ingredients in blender and blend until very smooth. Pour mixture into baking dish and bake 30 - 40 minutes. Keep in refrigerator up to 2 weeks.

Tofu Cheesecake

1/2 lb. soft or firm tofu	1 tsp. vanilla
1/2 lb. cream cheese	1 c. sour cream or yogurt
2 eggs	1/3 cup cocoa powder (optional)
1 1/2 c. sugar (or 2/3 cup honey)	Graham cracker crust
1 tbsp. lemon juice	

Blend and pour into crust. Bake 45 minutes to 1 hour at 325 degrees. Cool then refrigerate at least 6 hours.

Tofu Facts

Naturally
low in sodium

	Calories	Protein	Fat
Silken	92	8	4
Soft	68	8	4
Firm	117	13	7

General ingredients:

Soybeans are the main ingredient of tofu. The tofu is produced from the soymilk in much the same way as cheese is made from milk. Because one of the common ingredients to set the curd is calcium sulfate, most tofu is also a good source of calcium.

WHY TRY TOFU?

Tofu can play a role in a healthy diet, vegetarian or not. For a vegetarian, tofu provides a versatile source of protein that is easy to compliment to obtain all essential amino acids. It can be incorporated into breakfast, snacks, and desserts or as a main dish to enhance the nutritional quality of the diet. For those who regularly eat meat, it is a great substitute for meat on a weekly basis. Current recommendations for a healthy diet include at least one meatless meal each week. The FDA has approved the health claim that “25mg of soy protein a day, along with a diet low in saturated fat and cholesterol, may reduce the risk of heart disease”.