



The Health Benefits of Tofu (soy)

Tofu is made by pressing boiled soy bean curds. It is an excellent source of protein, iron and calcium.

1/2 cup of firm tofu provides:

- 88 Calories, 10 gm protein, 5 gm fat, 1 gm fiber, no cholesterol

Potential benefits of consuming tofu:

- Excellent substitute for animal protein since it contains all 9 essential amino acids as well as anti-inflammatory omega 3 fats
- Isoflavones (plant-based hormone) have been shown to lower cholesterol, reduce symptoms of menopause, and may protect against heart disease, diabetes, osteoporosis and some cancers
- Genistein is an antioxidant that is protective against cancer
- Lecithin plays an important role in brain function and may protect against Alzheimer's and other dementia
- Comes in extra firm, firm, soft or silken consistencies
- **NOTE:** Soy products in the US are often genetically modified

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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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.
- ✿ Check the 'Best by' date on the package. It usually allows a month or more after purchase as long as the package is unopened.
- ✿ 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 folded paper towels or clean dishtowels on a plate.
2. Cover with another flat plate to help distribute the weight.
3. Add enough weight to press out liquid without collapsing the tofu. A large can of food would work.
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.
- Refrigerate all tofu after opening and use within 5 days. Cover with fresh water and change daily.
- Spoiled tofu has a strong sour smell and may feel slimy.
- Freeze tofu for up to 5 months. It may absorb flavorings more easily.

The texture will become more firm, chewy and sponge-like. The color darkens. Soft or silken tofu will no longer be creamy.

- Freeze the entire package as purchased or drain, press, and cut tofu before re-packaging in freezer quality plastic wrap or bags.
- Thaw in the refrigerator overnight or thaw in cold water or a microwave just before using.



*Crumble tofu
into ground beef
for tacos, spaghetti
and other seasoned
mixtures.*

Cooking with Tofu

Tofu Banana Pudding

Ingredients:

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

Directions:

1. Combine tofu, 2 mashed bananas, sugar and vanilla. Blend until smooth.
2. Pour into a serving bowl or dishes.
3. Cover and refrigerate until chilled. Top with sliced banana just before serving.
4. Refrigerate leftovers within 2 hours.

Makes 3½ to 4 cups

Prep time: 15 minutes + chilling

Visit
FoodHero.org
for more
flavorful tofu
recipes.

Tofu “Egg” Salad

Ingredients:

- 1 cup (3 ounces) extra-firm **tofu**
- 2 Tablespoons **celery**, diced
- 1 Tablespoon **onion**, finely minced
- 1 Tablespoon light **mayonnaise**
- 1 Tablespoon plain nonfat **yogurt**
- ¼ teaspoon prepared **mustard**
- ½ teaspoon **lemon juice**
- ⅛ teaspoon each **salt** and **pepper**
- ⅛ teaspoon **dill** (optional)

Directions:

1. Press tofu and crumble into a bowl. Mix in celery and onion.
2. In a separate bowl, combine mayonnaise, yogurt, mustard, lemon juice and spices. Mix well.
3. Add the dressing to the tofu mixture and stir gently until combined.
4. Use for sandwiches, wraps or salad.
5. Refrigerate leftovers within 2 hours.

Makes 1 cup

Prep time: 20 minutes

Baked Tofu

Ingredients:

- 16 ounce block firm or extra-firm **tofu**, fresh or frozen/thawed

Marinade ingredients of your choice:

Asian

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

Soy Lime

- ⅓ cup reduced-sodium **soy sauce**
- ⅓ cup **lime juice**
- 3 Tablespoons **vegetable oil** or **sesame oil**

Directions:

1. Press tofu and cut as you choose: cubes, slices, sticks or triangles.
2. Mix marinade ingredients; add tofu pieces; marinate 30 minutes or longer.
3. Drain tofu and place pieces on a baking sheet. Foil on the baking sheet makes cleanup easy.
4. Bake at 350 degrees until the tofu is firm and lightly browned, about 30 minutes. Turn pieces once during baking.
5. Refrigerate leftovers within 2 hours.

Makes about 2 cups

Prep time: 30 minutes (press);
30 minutes (marinate)

Bake time: 30 minutes

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.**

