



Tofu and you

What is tofu?

Tofu is a white cheese-like food made from soybean milk. Tofu is good for everyone. It has a mild, pleasant taste and soaks up any flavor which makes it perfect to use in many recipes.



Tofu nutrition facts

Tofu contains protein, iron and B-vitamins. It is cholesterol free, low in saturated fat and very low in sodium.

When calcium sulfate is used to make tofu, it is a good source of calcium.

Check the ingredient list on the package to see if calcium sulfate is listed.

What are the different types of tofu?

There are 3 types of tofu.

1. Hard, firm or extra firm tofu:
 - thick, solid and holds its shape during cooking
 - can be marinated, fried, sautéed, diced and added to salads or casseroles

2. Soft tofu:
 - a good choice for recipes that call for blended tofu or in oriental soups

3. Silken tofu:
 - made by a slightly different process that results in a creamy, custard-like product
 - works well in pureed or blended recipes – it can be used for dips, spreads, sauces and sweet dishes
 - can also be enjoyed plain with a touch of soy sauce

Where can I buy tofu?

It can usually be found in the dairy, deli or near the fruit and vegetable section of a grocery store. Tofu can be packed in a water filled tub, in a vacuum pack or as a brick package.

Tips for storing tofu

- Store tofu in the refrigerator.
- Check the expiration date on the package.
- Rinse and cover leftover tofu with fresh water.
- Change the water daily to keep it fresh.
- Use opened tofu within a week.
- Freeze tofu up to 5 months.

Tips for using tofu

- Add slices or chunks of firm tofu to a stir-fry, soups and stews.
- Mix crumbled tofu into a casserole or sprinkle on a salad.
- Mash tofu with cottage cheese and season with your favourite spices to make a sandwich spread.
- Create your own tofu burgers with mashed tofu, bread crumbs, chopped onion and your favorite seasonings.
- Blend dried onion soup mix into soft or silken tofu for onion dip.
- Stir silken tofu into sour cream and use as a baked potato topper.
- Blend tofu with melted chocolate chips and a little sugar to make a chocolate cream pie.
- Replace all or part of the cream in creamed soups with silken tofu.
- Substitute pureed silken tofu for part of the mayonnaise, sour cream, cream cheese or ricotta cheese in a recipe and use it in dips and creamy salad dressings.

For more information visit:

www.soybean.on.ca

www.soyfoods.com

www.soybean.org/

www.vegsoc.org/

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Tofu recipes

Tofu Mac and Cheese

Ingredients:

- 2 cups uncooked elbow macaroni
- 1 tbsp oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 package frozen spinach, thawed and drained
- 1 zucchini, chopped
- 1 cup bread crumbs

Cheese Sauce:

- 2 tbsp butter or margarine
- 3 to 4 tbsp flour
- 2 cups milk
- 1 package (300g) silken tofu, drained
- 2 ½ cups cheddar cheese, grated (save some for topping)
- 1 tsp salt
- ½ tsp pepper
- 1 tsp paprika

Directions:

1. Heat oven to 350°F. In a pot of boiling water cook macaroni according to directions on package. Drain, rinse and set aside until needed.
2. In a pan, sauté onion and garlic together. Add spinach and zucchini continue cooking until tender, approximately 5 to 6 minutes.
3. In a small pot melt butter. Using a whisk, blend in flour. Be careful not to burn flour. Slowly add milk while stirring. Cook for 5 minutes until sauce becomes thick.
4. Add cheese, salt, pepper, paprika and tofu to sauce. Stir on low heat until sauce is smooth.
5. Layer pasta, vegetables and sauce 3 times in casserole dish. Add leftover cheese and breadcrumbs to top.
6. Cook in oven until cheese is melted through and top begins to toast.

Makes 5 servings

Outback Tofu

- 1 package (350g) extra firm tofu, drained
- 1 ½ cups barbeque sauce
- 1 tbsp vegetable or olive oil



Directions:

1. Cut tofu into small cubes.
2. In a mixing bowl, mix tofu and barbeque sauce together.
3. Add oil to a pan and fry tofu. Stir frequently to prevent burning. It can burn quickly if not watched.
4. Add more barbeque sauce, black pepper or any other spice if you desire.
5. Serve with crusty Italian bread

Option: Try grilling the prepared tofu on the barbeque for a different flavor.

Makes 4 servings

Tofu Stir-fry

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| 1 package (350 g) | Extra firm tofu, cut into strips |
| 1 cup | Teriyaki sauce |
| 2 tsp | Brown sugar (optional) |
| 2 tsp | Vegetable oil |
| ¾ cup | Sweet onion, diced |
| 1 cup | Green bell pepper, diced |
| 1 cup | Red bell pepper, diced |
| 2 cups | Chopped vegetables such as carrots, celery, cauliflower, mushroom and/or snow peas |
| 1 to 2 tsp | Garlic, minced |
| 1 tsp | Ginger root, grated |
| ¼ to ½ cup | Vegetable broth |
| 3 cups | Rice, cooked |



Directions:

1. In a medium bowl, toss tofu strips with teriyaki sauce and brown sugar if desired. Cover and refrigerate for at least 10 minutes or for up to 24 hours.
2. Heat oil in a wok or large skillet over medium-high heat.
3. Brown tofu on both sides, then remove from pan and set aside.
4. Add onions, garlic and ginger to wok and sauté for 1 minute. Add green peppers, red peppers and other vegetables. Stir-fry for 4 to 5 minutes or until vegetables are crisp.
5. Return tofu to wok. Add vegetable broth. Heat until bubbling.
6. Serve over rice.

Makes 4 servings