

## About Organic Tofu

Tofu, also known as soybean curd, is a soft, cheese-like food made by curdling fresh hot soymilk with a coagulant. In recipes, tofu acts like a sponge and has the miraculous ability to soak up any flavor that is added to it. Crumble it into a pot of spicy chili sauce and it tastes like chili. Blend it with cocoa and sweetener and it becomes a double for chocolate cream pie filling. Cubes of firm tofu can be added to any casserole or soup. ***Some soy products are known to be genetically modified (GMO) for production, so buy organic which is less likely to be GMO. GMO foods are increasing in our food supply but the risks if any are still unknown.***

### Types of Tofu

Three main types of tofu are available in most grocery stores:

1. *Firm tofu* is dense and solid and holds up well in stir-fry dishes, soups or on the grill- anywhere that you want the tofu to maintain its shape.
2. *Soft tofu* is a good choice for recipes that call for blended tofu, or in oriental soups.
3. *Silken tofu* is made by a slightly different process that results in a creamy, custard- like product. It works well in pureed or blended dishes.

### Storing Tofu

Tofu most commonly is sold in water-filled tubs, vacuum packs, or in aseptic brick packages. Unless it is aseptically packaged, tofu should be kept cold.

As with any perishable food, check the expiration date on the package. Once the tofu package is open, leftover tofu should be rinsed and covered with fresh water for storage.

Change the water daily to keep it fresh, and use the tofu within a week. Tofu can be frozen up to 5 months. Defrosted tofu has a pleasant caramel color and a chewy, spongy texture that soaks up marinade sauces and is great for the grill.

### Easy Tofu Tips

Tofu offers many possibilities when preparing food, because it easily absorbs flavors and is easy to work with. Here's some easy way to incorporate tofu into foods you already make:

- Add firm tofu chunks to soups and stews
- Mix crumbled tofu into meatloaf for a pleasant light dish
- Mash tofu with cottage cheese and seasoning to make a sandwich spread
- Create a tofu burger by mashing it with bread crumbs, chopped onion and your favorite seasonings
- Stir silken tofu into sour cream for a reduced-fat baked potato topper
- Replace all or part of the cream in creamed soups with silken tofu

**Tofu Recipes That Really Taste Good!**

**Tofu Stir Fry**

Author: Minimalist Bake

Cuisine: Vegan, Gluten Free

Serves: 2-3

**For the Stir Fry**

- 1 14-ounce package firm or extra firm tofu
- 2 cups roughly chopped green beans
- 1 cup diced carrots or red pepper
- 2 Tbsp toasted sesame oil for sautéing (or sub peanut or coconut)

**For the Sauce**

- 1/4 cup low-sodium soy sauce (make sure it's gluten free if G-Free)
- 1 Tbsp fresh grated ginger
- 2 Tbsp brown sugar
- 1 Tbsp agave, maple syrup (or honey if not vegan)
- 1 Tbsp corn starch

**INSTRUCTIONS**

Preheat oven to 400 degrees and begin drying your tofu. Drain, remove it from the package and place between two thick towels folded into the shape of the tofu. Then place a plate or bowl on top and top it with something heavy like a book or skillet. Let it dry for about 15 minutes, changing your towels if they get too wet. Once dry, chop into roughly 1-inch cubes or rectangles (see photo).

Arrange tofu on a baking sheet and bake for a total of 25-35 minutes, flipping once halfway through to ensure even cooking. This will dry out the tofu and help give it a more meat-like texture. If you want a tougher texture, cook it for 30-35. For a slightly more tender texture, pull it out at 20-25 minutes to check.

Once it's golden brown and a bit tough and firm, remove from the oven set it out to dry a bit more while you prep your vegetables. Ideally, it would set out another 45 minutes or even longer. I haven't tried letting it set out for much longer, but I don't think it would hurt either way.

If serving over rice, start the rice at this point.

In a small mixing bowl, whisk together all of the sauce ingredients – set aside.

To a large skillet over medium-high heat, add sesame oil and swirl to coat. Then add veggies and toss to coat. Cook for 5-7 minutes, stirring often. When the vegetables have some color and have softened a bit, add the sauce and stir. It should bubble and thicken. Then add the tofu and stir to coat.

Cook the mixture for 3-5 minutes, stirring often. When veggies are cooked to your preferred doneness, remove from heat. Serve as is or over rice for a more filling meal. Best when eaten fresh, though will keep in the refrigerator for a couple days.

\*Nutrition reflects 2 servings *without* rice.

**Nutrition Information**

Serving size: 1/2 recipe Calories: 371 Fat: 19g Saturated fat: 3g Carbohydrates: 38g Sugar: 23g Sodium: 1500mg Fiber: 6g Protein: 16g

**Tofu Pumpkin Pie (silken tofu)**

10 ounces soft silken tofu blended in a blender until smooth

1 16oz. can pumpkin puree

$\frac{3}{4}$  cups granulated sugar

$\frac{1}{2}$  tsp. salt

1 tsp. ground cinnamon

$\frac{1}{2}$  tsp. ground ginger

$\frac{1}{2}$  tsp. ground cloves

1 9-inch unbaked pie shell

Preheat the oven to 425 °F. Cream together pumpkin and sugar. Add the salt, spices and blended tofu, mixing until thoroughly blended together. Pour into pie shell. Bake for 15 minutes at 425 and then lower to 350 °F and bake for an additional 40 minutes.

**Thousand Island Dressing (silken tofu)**

1 pkg (10.5-12 ounces) silken tofu

$\frac{1}{4}$  cup water

2 Tbsp white vinegar

1 Tbsp lemon juice

2 tsp sugar

6 Tbsp chili sauce

2 Tbsp chopped pickles

$\frac{1}{4}$  cup chopped green pepper

2 Tbsp chopped green onions

Put the silken tofu, water, vinegar, lemon juice, sugar, and chili sauce in the blender and mix until smooth. Pour the mixture into a small bowl. Stir the pickles, green peppers and green onions into the dressing. Store in the refrigerator.

**Fruit Smoothie (silken tofu)**

serves 4 eight ounce cups

1  $\frac{1}{2}$  cup frozen mixed berries

$\frac{1}{2}$  cup white grape juice

1 tablespoon honey or maple syrup

1 ripe banana, peeled and sliced

1 (12.3-ounce) package light silken tofu (such as Mori-Nu)

Place all ingredients in a blender; process until smooth.