



Tofu



What is Tofu?

- Made from soy beans
- Bland in flavor, tofu soaks up flavor from the food it is cooked with
- Can be found in two varieties:
 - Soft– used to make frostings and dips, etc.
 - Firm– used to make stir-fry, chili, casseroles and soups, etc.



Tofu is a good source of:

Protein
Iron
Calcium
Omega-3 Fatty Acids
Phytoestrogens

Tofu is also lactose and cholesterol free.

Benefits of Tofu include:

- * May help to reduce cholesterol and blood pressure levels.
- * May help to reduce inflammation.
- * May aid in prevention of osteoporosis and certain cancers.

Recipes

Tofu Scramble



1—16 oz. container tofu
1 tablespoon butter

2 eggs
salt and pepper to taste

Add-ins: select from the following: spinach, cheese, tomatoes, mushrooms, onions, red or green pepper, garlic (optional).

Drain liquid off the tofu. Mash, dice or cut up the tofu. Select your add-ins and mix into the tofu. In a skillet or fry pan, melt the butter. Add the tofu mixture and cook until lightly browned. Beat the two eggs and add to the cooked tofu mixture. Cook until eggs are firm. Serves 4.

Photo from www.epicurious.com

Tofu Salad (like egg salad)



12 ounces firm tofu
2 tablespoons mayonnaise
1 tablespoon brown mustard
1/2 teaspoon soy sauce

1/2 cup celery
1 tablespoon onion, chopped
1/2 green pepper, seeded and chopped
1 tablespoon chopped (minced) parsley

Drain tofu and allow to sit in a strainer for 10 to 15 minutes. Mix mayonnaise, mustard and soy sauce in a small bowl. Dice tofu and place in a medium bowl. Add the celery, onion, green pepper and parsley to tofu. Add the mayonnaise mixture to the tofu and mix gently. Chill for one hour and serve with crackers or whole wheat toast.

Photo from www.allrecipes.com

Spinach Dip

16 ounces silken tofu
10 ounces frozen chopped spinach,
thawed and drained
1/2 cup chopped onion, optional

8 oz. shredded mozzarella cheese
1 teaspoon garlic powder
1/2 cup mayonnaise



Mix the above ingredients in a microwavable container. Place in microwave and cook on high for two minutes. Stir the mixture and cook for another two minutes in the microwave. Serve with crackers or tortilla chips.

Photo from About.com: Home cooking



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