

Cooking Demo

Springtime Tofu Scramble



Tofu is not just for vegetarians! Tofu, a soybean product made from the curds of soymilk, has a bland flavor and is intended to be used as a blank canvas for any flavor combination that strikes your fancy. This versatile recipe uses simple fresh spring flavors.

Ingredients:

1 tablespoon olive oil
½ cup finely chopped red onion
fresh chile, chopped, to taste (*optional*)
½ cup fresh or frozen peas
1 pound firm tofu, crumbled
2 tablespoons chopped fresh herbs
salt and pepper to taste

Suggested fresh herbs: any fresh herbs will do—try basil, tarragon, parsley, dill, oregano, or thyme. Don't have fresh herbs on hand? Try adding 1-2 teaspoons of dried herbs, instead. Add them when cooking the onion.

Directions:

1. Heat oil in a large skillet and add onion and optional chile with a pinch of salt.
2. Sauté onion until it softens and then add the peas. Cook gently until peas become bright green. *Frozen peas may take a little longer but be sure to not overcook the peas into mush.*
3. Add tofu and toss with vegetables, keeping heat low, until tofu is warm. Taste and add salt/pepper as needed.
4. Remove from heat; toss in fresh herbs and serve.

Recipe from:

<http://www.thekitchn.com/vegan-mornings-springtime-tofu-113533>

Nutrition Information Serving Size: 1 cup

Calories	250
Total fat	14 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	151 mg
Potassium	579 mg
Carbohydrate	13 g
Fiber	5 g
Sugars	4 g
Protein	20 g

Cost per recipe

\$2.75

Cost per serving

\$1.37

A Guide to Buying Tofu



Silken

This type of delicate tofu has a custard-like texture and the highest water content of the varieties of tofu. Use this type of tofu in smoothies, salad dressings, desserts, puddings, sauces, and dips. Some even like to eat this type of tofu right out of the package. It comes in soft, firm, and extra firm varieties.

Block tofu

The more common or “regular” type of tofu is block tofu. Block tofu has been pressed and has more of a spongy texture. It comes in soft, medium, firm, extra firm, and super firm varieties.

- **Soft:** has a “Jell-O” like consistency and is typically used in the same way as silken tofu.
- **Medium:** is a bit denser than soft tofu, but still delicate. It's best simmered into a soup.
- **Firm tofu:** absorbs flavors well and will hold its shape for a stir-fry. It also works well in a tofu scramble like this recipe.
- **Extra firm tofu:** holds its shape very well and is excellent for slicing, cubing, and all kinds of frying: pan-frying, stir-frying, and deep-frying. It can also be crumbled and used like ground meat.
- **Super firm tofu:** comes vacuum packed and very dense. It won't fall apart and there is less water to cook out so it's a great choice if you are in a hurry!

How to Press Tofu

When cooking with regular (block) tofu, it's important to squeeze out the excess water. It's not necessary to press soft or silken tofu.

1. Wrap your tofu block with dish towels or a few pieces of paper towel.
2. Gently squeeze the tofu to drain excess water.
3. Remove the damp paper towels and repeat step 2 once or twice to drain more water.
4. If time permits, set the wrapped tofu aside for 15-20 minutes to allow the paper towel to soak up excess water. You can press the tofu even more by placing a plate on top of your tofu and then stacking an item on the plate—for example a few books or a can of vegetables. *Be careful not to crush it.*
5. Unwrap and prepare as your recipe instructs. *It is advised to press your tofu if you are marinating, stir-frying, baking, or pan frying.*



Tofu is low calorie, low fat, contains no cholesterol and an excellent source of protein, iron, and calcium. Firmer tofu tends to contain higher amounts of protein. The healthfulness of tofu can vary depending on how you cook it. Try to limit the amount of fat that is added to your recipe.

Source: <http://www.todaysdietitian.com/newarchives/040715p22.shtml>



Bonus Recipe: Shake n' Bake Tofu

Ingredients:

1 pound extra-firm tofu
¼ cup wheat germ
½ teaspoon garlic salt
1 cup plain bread crumbs
¼ cup grated Parmesan cheese
2 eggs, beaten

- ▶ Cut tofu into ½ inch-thick slices, blot well with paper towel.
- ▶ Dip tofu into egg batter and then into bread crumb mixture.
- ▶ Place tofu cutlets on a lightly oiled nonstick baking sheet. Bake until golden and firm, about 15 minutes.

Directions:

- ▶ Pre-heat oven to 425°F.
- ▶ Press tofu to drain excess water.
- ▶ Mix together wheat germ, garlic salt, bread crumbs, Parmesan.

Serve on top of whole grain pasta with your favorite marinara sauce. Enjoy!

Recipe from: Ashley Denton, RDN, LD

Studies show that consuming soy products like tofu may help decrease the risk of certain cancers like breast, and prostate cancer as well as decrease risk of heart disease!

