

What is Tofu?

Tofu or Bean Curd is a food of Chinese origin, made by coagulating soy milk and then pressing the resulting curds into blocks. Tofu has very little flavor or smell on its own, so it can be used either in savory or sweet dishes, and is often seasoned or marinated to suit the dish.

For hundreds of years in Asia, Tofu is a very important source of protein, magnesium and calcium, low in calories, contains a relatively large amount of iron and contains little fat. Tofu has become popular in Western vegetarian cooking and synonymous with vegetarianism itself.

Protein

One half-cup serving of firm tofu contains 10.1 grams of protein. The recommended daily intake is 56 grams for most men and 46 for most women. A half-cup of tofu is approximately 4oz by weight. By comparison, ½ cup dairy milk contains 5.1 grams of protein, one 3oz egg contains 6 grams and 4 oz ground beef contains about 26 grams of protein. The same half-cup of raw firm tofu contains 94 calories. By comparison, 4oz ground beef contains 331 calories, ½ cup of 2% milk has 60 calories and 4oz of cheese packs 320 calories.

Calorie

For each 100 calorie serving, tofu contains 11 grams of protein. By comparison, 100 calories of ground beef provides 8.9 grams of protein, and 100 calorie serving of cheese contains 6.2 grams.

Fat

Tofu is plant-based therefore is cholesterol-free. One half-cup serving of raw tofu contains 5 grams of fat. 4oz of beef packs a whopping 15 grams of fat, and one egg contains 5.5 grams of fat.

Firm tofu contains about 227 mg of calcium or about 22% of the RDA. One half-cup of firm tofu contains about 1.82 mg of iron.

Many commercially available brands of tofu are made from organic and non-genetically modified soybean.

Niçoise Tofu Skillet Supper

- 2 tablespoons organic olive or vegetable oil
- ½ cup organic coarsely chopped red onion
- 4 to 5 small organic red potatoes, sliced (2 cups)
- 1 cup fresh organic green beans
- ½ teaspoon Italian seasoning(chopped basil, oregano, cracked pepper, minced shallot),
- ½ teaspoon garlic
- ½ package (14-oz size) firm tofu, cut into ½-inch cubes
- 2 organic plum (Roma) tomatoes, thinly sliced
- 1 hard-cooked organic egg, chopped

1. In 12-inch skillet, heat oil over medium-high heat. Cook onion and garlic in oil 2 minutes, stirring frequently. Stir in potatoes; reduce heat to medium-low. Cover; cook 10 to 12 minutes, stirring occasionally, until potatoes are tender.
2. Stir in beans, Italian seasoning. Cover; cook 6 to 8 minutes, stirring occasionally, until beans are tender and potatoes are light golden brown.
3. Stir in tofu and tomatoes. Cook 3 to 5 minutes, stirring occasionally and gently, just until hot. Sprinkle each serving with egg

Five-Spice Tofu Stir-Fry

Get spice savvy! One little bottle of five-spice powder combines five spices for an Asian taste sensation.

- 1¼ cups water
- 1 cup cooked organic brown rice
- ½ cup stir-fry sauce (Organic Wheat Free Soy Sauce, mix with ¼ cup organic cane sugar, warm and mix till syrup)
- 2 tablespoons organic orange juice
- 1 tablespoon wild honey
- ¾ teaspoon five-spice powder
- 1 package (14 oz) firm organic tofu, drained, cut into ¾-inch cubes
- 1 small organic red onion, cut into thin wedges
- 1 (.5 lb) organic baby green bean and (.5 lb) organic carrot blend
- ¼ cup water

1. In 1-quart saucepan, heat 1 ¼ cups water to boiling. Stir in rice; reduce heat to low. Cover; simmer 10 minutes.
2. Meanwhile, in medium bowl, mix stir-fry sauce, orange juice, honey and five-spice powder. Press tofu between paper towels to absorb excess moisture. Stir tofu into sauce mixture; let stand 10 minutes to marinate.
3. Spray 12-inch skillet with cooking spray; heat over medium heat. Remove tofu from sauce mixture; reserve sauce mixture. Cook tofu in skillet 3 to 4 minutes, stirring occasionally, just until light golden brown. Remove tofu from skillet.
4. Cook onion in skillet 2 minutes, stirring constantly. Add vegetables and ¼ cup water. Heat to boiling; reduce heat to medium. Cover; cook 6 to 8 minutes, stirring occasionally, until vegetables are crisp-tender.
5. Stir in reserved sauce mixture and tofu. Cook 2 to 3 minutes, stirring occasionally, until mixture is slightly thickened and hot. Serve over rice.

Pan Fry Crispy Tofu Sesame Crusted

- 4 oz vegetable oil for frying
- 2 cups corn starch
- 2 cups organic rice flour
- 4 ea organic egg whites
- 2 cups organic sesame seeds
- 2 bun organic green onions
- 2 # organic tofu firm

1. Combine the cornstarch and rice flour together
2. Cut the Tofu in portions, dredge tofu through the dry mixture
3. Then submerge in the egg whites to thoroughly coat the outside of the tofu
4. Place the tofu into the sesame seeds to coat the whole outside.
5. In a hot skillet with the oil, place the sesame coated tofu into the pan gently and lightly brown the outside to form well colored and crispy outside and warm inside
6. Serve with thinly sliced scallions for garnish

Sweet and Sour Sauce

½ cup organic sesame oil
32 oz organic OJ
1 cup organic lemon juice
32 oz organic chicken stock
1 cup organic wine vinegar
2½ cups organic ketchup
4 cups organic sugar
½ cup wild honey
corn starch to thicken

1. Combine all of the ingredients together in a non-corrosive pot and gently bring to a simmer
2. Take 1 cup of cornstarch and mix with a small amount of water to make a paste
3. While stirring the hot mixture pour in the starch and whisk well to avoid lumps
4. Cook for 5 minutes and strain, adjust consistency if needed.
5. Pour a small amount of sauce onto a plate with the Tofu and garnish with scallions