

Taste Test: Tofu



Tofu is made from soybeans that are soaked, washed, and boiled and often packed into a solid block. There are many textures of tofu including silken, soft, medium, firm, extra firm, and super firm. Choose the tofu that best suits the dish you are preparing. Tofu contains many nutrients including vitamin B, fibre, potassium, magnesium, and is considered a complete protein in which it contains all nine essential amino acids, which is often hard to find in a plant food source! Tofu is an excellent food to incorporate into your diet, as it is very versatile.¹

Food Fact

Tofu first originated in China and has been consumed for over 2,000 years!¹

How to Choose:

- When choosing tofu, look for white tofu that smells fresh
- Choose from silken, soft, medium, firm, extra firm, and super firm varieties depending on the recipe you are preparing!²

How to Prepare:

- Tofu can be prepared in many ways due to their being such a variety of textures!
- To get crispy tofu, use extra firm tofu and use a source of fat to cook it in, such as olive oil, coconut oil, or avocado oil
- Pat the tofu completely dry, removing most of the liquid as much as possible, try placing a paper towel on top and a heavy cutting board on top of that, this really helps to get all that excess moisture out!
- Cook the tofu at a high heat, such as medium-high on the stove top²

How to Store:

- An unopened package of tofu can be stored in the refrigerator for up to 3-5 days
- Opened tofu must be stored in an airtight container with water for up to 3-5 days
- Tofu can also be frozen; however, it can alter the texture, causing extra firm tofu to become spongier which may be undesirable
- Check the expiration date to make sure it is fresh and not expired before preparation!²

Note:

Canada's food guide recommends:

- Trying to replace some meat or poultry with plant-based protein foods such as tofu
- Including plant-based protein foods in your diet, as they are an important part of healthy eating!³

I Tried It!

My Rating (circle one):



Would you like to try tofu again?

YES NO

Ideas for Serving Tofu:

- Try marinating tofu!
- Use tofu in soups or stews
- Try using tofu in stir fry's
- Make crispy tofu
- Try grilling tofu
- Try using soft tofu to make scrambled eggs²

Sweet Chili Tofu Stir-Fry

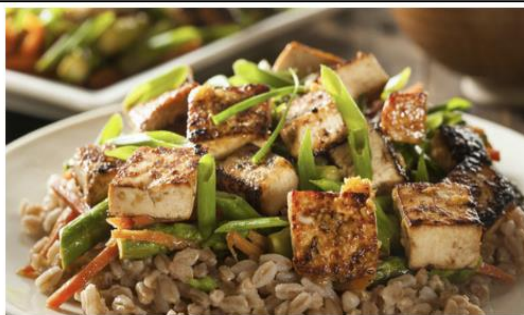
Serves 4

Ingredients:

- 5 oz firm tofu, cut into thin strips
- ¾ cup sliced Spanish onion
- 1 cup broccoli florets
- 1 cup baby carrots, cut into bite-sized pieces
- ¾ cup sugar snap peas, trimmed
- ½ cup julienned red bell pepper
- ½ cup vegetable broth or water
- ¼ cup sweet chili sauce
- 1 tsp grated orange zest
- 1 tsp chopped fresh cilantro
- Vegetable spray

Directions:

1. Over medium-high heat, in a large wok or skillet, spray vegetable oil on the pan. Brown the tofu on both sides, spacing them evenly, about 5 minutes per side. Remove from the pan and set aside.
2. Add the onion to the wok and sauté for 1 minute. Add the broccoli, carrots, peas, and red pepper; stir-fry until tender-crispy, about 5 minutes. Return to the wok and stir in the broth, chili sauce, and orange zest. Heat until bubbling. Add the tofu back in.
3. Transfer stir fry to serving platter and sprinkle with cilantro (optional). Serve with brown rice and enjoy!



Recipe adapted from [Unlockfood.ca](https://unlockfood.ca).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

1. Harvard T.H. Chan. School of Public Health. The Nutrition Source. Straight Talk About Soy. <https://www.hsph.harvard.edu/nutritionsource/soy/>. Accessed May 2022.
2. Masterclass. How to Store Tofu: Tips for Refrigerating or Freezing Tofu. <https://www.masterclass.com/articles/how-to-store-tofu#how-long-does-tofu-last>. Accessed May 2022.
3. Government of Canada. Canadas Food Guide. <https://food-guide.canada.ca/en/>. Accessed May 2022.