



WIC...

Healthy Habits, Healthy Families

Tofu

Tofu is a good source of protein, B vitamins and calcium (if it is calcium-set tofu). Grill or bake tofu or use it in soups, stews and braised dishes.

Buying tofu...

- Look for fresh tofu prepared with calcium salts without added fats, sugars, oils or sodium.
- Find tofu in the refrigeration case of the produce section.

Storing tofu...

- Refrigerate tofu right away.
- Follow the directions on the container to store leftover tofu.
- Use opened tofu within 1 week.
- Freeze tofu for 3 to 5 months.

Enjoying tofu...

- Tofu has very little flavor or smell of its own. It absorbs the flavors of the foods it is cooked with.
- Drain water-packed tofu before using and press to remove extra water. Put the tofu between several layers of paper towel and put it in a bowl. Cover with a plate and put a can on top of the plate. Let sit for 15 to 30 minutes.
- Firmer tofu works best for stir-fries and grilling. Soft and silken tofu works well in soup.

Tofu



Make family meals matter.

Lower the fat.

Easy Baked Tofu

<http://vegweb.com>

Makes
4
servings

This recipe uses one WIC food: tofu.

Ingredients...

- 1 block firm tofu
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons balsamic vinegar (or other type)
- 1 tablespoon garlic powder
- 1 tablespoon ground ginger
- 1 teaspoon salt
- ½ tablespoon pepper
- 1 tablespoon olive oil

Directions...

1. Preheat the oven to 350° F.
2. Cut the tofu into ½-inch cubes.
3. Combine the tofu and the other ingredients in a mixing bowl. Toss the tofu until evenly covered.
4. Spread the tofu out on a baking sheet.
5. Bake about 30 minutes or until the tofu starts to get golden brown around the edges.

Nutrition information...

Calories 160, Fat 9g, Carbohydrate 9g, Protein 11g, Fiber 1g, Sodium 890mg, Cholesterol 0mg.

Family Goals

- My family and I will try a tofu fruit smoothie.
- My family and I will try a new tofu recipe.
- My family and I will try tofu in a stir-fry.
- My family and I will try a tofu dessert.
- Other _____



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