



# Tofu Tips

Tofu is a versatile plant-based protein that is a great source of calcium, B vitamins, and iron.

Below are examples of tofu and how they can be used:

## Types of Tofu

**Soft:** Keeps some texture when crumbled. Works great in smoothies and dips

**Medium:** Denser than soft tofu but it's still pretty tender. This type of tofu is great as an egg replacement in scrambles or in recipes where the tofu does not need to hold a specific shape.

**Firm:** Can be cut and still hold its shape relatively well. This form of tofu is a solid block that can be great in stir fries, as a baked snack, or used in place of meat in recipes.

**Extra firm:** Densest form of tofu and can be used in many ways. From pan-frying, to grilling (prepare with a non-stick cooking spray or oil), air frying, or baking extra firm tofu will retain its shape. Extra firm tofu can be marinated as it absorbs a lot of flavor.

## Preparation

**Press it:** This removes excess water and creates a denser texture. To press tofu, remove it from the packaging, wrap it in a paper or dish towel, and place it between 2 plates with something heavy on top such as a pot or books. Depending on the firmness you want to achieve you can press tofu anywhere from 20 minutes to several hours in the refrigerator.

**Shape it:** Tofu can be cut into many shapes. Cut cubes, triangles, slice it into longer strips or fillets, break it into crumbles or blend it into sauce. You can even use cookie cutters to make fun shapes!

**Marinate it:** Marinating is a great way to add flavor. Marinate tofu by using wet or dry seasonings and let it soak in the flavor. Marinating/seasoning tofu can be done just before cooking or using, or you can marinate it in a bowl or bag for several hours in the refrigerator.

## Cooking

Cooking tofu in the oven is one of the easiest ways to do it. Tofu can also be cooked on the stovetop, grilled, or eaten raw. You can use raw tofu in salads, or have it as a protein-packed snack.

For breakfast, create a tofu scramble, have a yummy stir fry for lunches and dinners, or enjoy a refreshing fruit smoothie.

## Storing

When stored in the refrigerator, tofu that has been opened should be eaten within 1 week of opening. If stored in the freezer, it can last up to 5 months. If you freeze your tofu, let it fully thaw before using.

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