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## Cooking With Tofu (soybean curd)

### Key Nutrients

- Protein - builds and repairs skin, muscle, blood, bone and brain
- Calcium - builds bones and teeth
- Iron - carries oxygen in our blood

### Serving Size

1/2cup tofu provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts food group.

### Storage and Safety

Tofu is usually packed in water and sold in plastic containers. Tofu needs refrigeration, unless packed in aseptic "shelf-stable" containers. Tofu packed in shelf-stable containers can be stored at room temperature until opened, then stored under water in the refrigerator (in a container with a lid).

Tofu packed in water can spoil easily. Rinse the tofu with cold water. Store covered with water in a container with a lid. Be sure there is about 1/2 inch water above the top of the tofu. Change the water daily, and the tofu will keep for about a week in the refrigerator.

Tofu can be frozen. Drain the water and wrap tofu in foil or put in a freezer container. Use within 5 months. Thaw in the refrigerator for a few hours. Squeeze out any liquid and use immediately. Freezing changes the texture from creamy to coarse.

### Preparation and Cooking

Tofu acts like a sponge and soaks up any flavor that is added to it. It mixes well with fruits, vegetables, eggs, dairy products and grains. Rinse tofu before using, then drain for about an hour.

### Uses and Tips

- Firm tofu is solid, and holds its shape when cubed, sliced and crumbled. Use in stir-fry dishes, soups and casseroles. Crumble and add to salads.
- Soft tofu is used in soups and recipes using blended tofu. Mix with ground beef or turkey to make meatloaf or burgers. Substitute one 2-inch square for one egg in recipes. Blend with your favorite spices to make a vegetable dip.
- Silken tofu is creamy, like pudding. It is best blended or mixed with dishes like dips, desserts, and smoothies.

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Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>