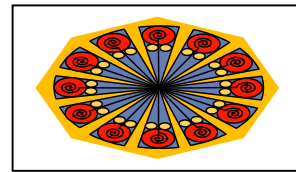


# Tofu 101

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## What is Tofu?

Tofu is a high protein food made from soybeans and water. Tofu is a cholesterol free food and is sold in regular or low fat versions. It is sold in ready-to-use cakes that resemble a soft cheese or a very firm yogurt. Look for tofu in the vegetable section of the grocery store.

## How to Use Tofu

Tofu has been called the culinary chameleon. Although tofu has a neutral flavor, it can assume sweet or savory flavors depending on what it is cooked with. The flavor of tofu can also be enhanced with herbs, spices, and marinades. Tofu can also change in shape and texture. It can be cut into cubes and then baked, grilled, or stir-fried. It can also be crumbled into manicotti, lasagna, chili, soups and casseroles.

## How to Cook with Tofu

Tofu can be used as a meat extender in any recipe that calls for ground beef. Just substitute it for all or 1/2 of the meat in Sloppy Joes, taco filling, spaghetti sauce or meatloaf.

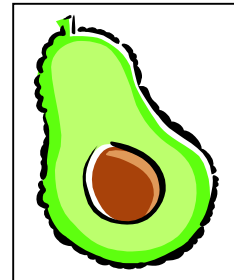
Tofu may also be used as a main ingredient. Try cubing tofu and cooking with vegetables for a great stir-fry. Tofu can replace hard cooked eggs when making egg salad. When grilling meat and vegetable kabobs, replace beef or chicken with tofu cubes.

Tofu may also be blended or pureed into many recipes. When blended, tofu has a smooth and creamy texture. Want to try with something simple? Try the avocado recipe below.

For additional tofu recipes, give [cookinglight.com](http://cookinglight.com) a try. Type in tofu under recipe search and give a recipe or two a try. Good Luck!

## Avocado Spread

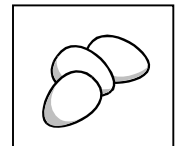
1 medium avocado	1/3 cup firm silken tofu, low fat
1 tablespoon taco sauce	2 tsp. lime juice
Garlic powder to taste	Salt to taste



Using a blender or food processor, blend avocado and tofu. Stir in remaining ingredients. Serve with tortilla chips. 19 calories, 2 g fat, 0 mg cholesterol, 6mg sodium

## Eggless Egg-salad Sandwich from [cookinglight.com](http://cookinglight.com)

*1 pound firm tofu, drained	*1/2 cup diced celery	*1/2 cup diced red onion
*1/4 cup shredded carrot	*1-tsp. ground turmeric	*1-tsp. curry powder
*2 tsp. Dijon mustard	*1/2 tsp. salt	*10 slices bread
10 slices tomato	15 slices cucumber	Lettuce



Combine 9 ingredients with (\*). Beat at medium speed of a mixer until combined (mixture will not be smooth). Spread 2/3-cup tofu mixture over 1 slice bread. Top with 3 cucumber slices, 1 lettuce leaf, 2 tomato slices, and 1 bread slice. Repeat with remaining ingredients.