

Department of Family and Consumer Sciences

COOKING WITH SILKEN TOFU

June 2020

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Tofu is a lean protein food that is made from soybeans. Tofu is low in calories and saturated fat and provides nutrients like protein, calcium, iron and potassium. In addition to vitamins and minerals, soy products have isoflavones, compounds found in some plants, which have health benefits. The American Institute for Cancer Research encourages consumption of soy products because they are rich in nutrients and plant compounds that promote good health. Research does not suggest that eating soy products increases risk for breast cancer survivors. Research is mixed about whether or not eating soy products reduces cancer risk, in general.

Tofu comes in a variety of textures including firm and silken tofu. Silken tofu has a mild flavor and a thick, creamy texture. Silken tofu adds a smooth, creamy texture to dishes like smoothies, desserts, soups, stews and pasta dishes without adding large amounts of saturated fat, calories or added sugars. You can use this publication for recipes to use silken tofu in variety of dishes. Experiment with silken tofu to add a thick, creamy texture to your favorite recipes!



CHOCOLATE MOUSSE

Servings: 6

12 ounces silken tofu, drained if needed

2 ounces semisweet chocolate

¼ teaspoon vanilla extract

¼ teaspoon cinnamon

Whipped cream

Fresh berries

Wash hands with soap and water.

In a food processor or blender, puree the tofu until all lumps are gone and the mixture is smooth and thick.

In a small, microwave-proof bowl, microwave the chocolate for 30 seconds, then stir. Repeat until the chocolate is just melted. Or melt the chocolate over a double boiler.

In a medium bowl, combine the pureed tofu and melted chocolate. Add the vanilla extract and cinnamon and stir to combine. Chill the chocolate mixture in the refrigerator for at least one hour.

When ready to serve, top with one tablespoon of whipped cream and choice of berries.

Nutrition information per serving: 99 calories; 7 g total fat (3 g saturated fat); 4 g protein; 8 g carbohydrate; 0 g added sugar; 1 g fiber; 4 g protein; 50 mg calcium; 0 mcg Vitamin D; 17 mg potassium; 1 mg iron; 4 mg sodium.

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STRAWBERRY BANANA SMOOTHIE

Servings: 2

6 ounces silken tofu, drained if needed

1 cup frozen banana and strawberry slices*

¼ cup milk

½ tablespoon honey

Wash your hands with soap and water.

In a blender, puree the tofu until all lumps are gone and the mixture is smooth and thick.

Add the frozen banana and strawberry slices, milk and honey to the blender. Blend until the mixture is combined and creamy. Stir occasionally, if needed.

Pour the smoothie mixture into two glasses and enjoy!

This recipe can also be poured into ice pop molds and frozen for creamy, fruity ice pops.

*Other frozen fruits can be substituted as well.

Nutrition information per serving: 117 calories; 2 g total fat (0 g saturated fat); 18 g carbohydrate; 4 g added sugars; 2 g dietary fiber; 7 g protein; 110 mg calcium; 0.3 mcg Vitamin D; 87 mg potassium; 1.4 mg iron; 19 mg sodium.

CREAMY BAKED POTATO SOUP

Servings: 7

2 tablespoons olive oil

½ medium onion, scrubbed and chopped

2 cloves garlic, chopped

4 cups potatoes, scrubbed, peeled and cubed (about 7 small potatoes)

2 cups low-sodium chicken broth or vegetable broth

3 cups water

12 ounces silken tofu, drained if needed

1 teaspoon black pepper

¼ teaspoon kosher salt

1 tablespoon dried parsley

½ teaspoon garlic powder

Optional toppings: chopped green onion, chives, low-fat cheddar cheese, 1 tablespoon crumbled bacon or turkey bacon, low-fat sour cream or plain yogurt

Wash hands with soap and water.

In a medium sized pot, heat the olive oil over medium heat. Add the chopped onion and garlic to the pot and cook until the onions are translucent.

Add the potatoes, chicken stock and water to the pan and heat until boiling. Reduce the heat and simmer until the potatoes are tender. Add extra water if needed to ensure the potatoes are covered.

While the potatoes are cooking, add the tofu to a blender or food processor. Puree until the tofu is smooth and without lumps. When the potatoes are tender, add the pureed tofu, black pepper, salt, dried parsley and garlic powder to the pot. Stir and heat until warmed.

Using an immersion blender, regular blender or food processor, puree the soup until the mixture is creamy and there are no lumps. Pour the soup in a bowl to serve and add toppings if desired.

Nutrition information per serving: 148 calories; 2 g total fat (0 g saturated fat); 28 g carbohydrate; 3 g fiber; 2 g total sugar (0 g added sugar); 6 g protein; 60 mg calcium; 0 mcg Vitamin D; 497 mg potassium; 1 mg iron; 117 mg sodium.

CREAMY SPINACH STUFFED SHELLS

Servings: 10

20 jumbo shells
10-ounce package frozen spinach
12 ounces silken tofu, drained if needed
½ cup low-fat ricotta cheese
¼ cup parmesan cheese
1 tablespoon dried basil
1 tablespoon dried oregano
¼ teaspoon black pepper
Non-stick cooking spray
20-ounce jar marinara sauce
½ cup low-fat mozzarella cheese

Heat the oven to 350 F. Wash hands with soap and water. Evenly coat a 13 x 9-inch pan with non-stick spray.

Heat a large pot filled with water over medium high heat until boiling. Add the jumbo shells and follow the package directions to cook the noodles until just tender.

While the shells are cooking, add the tofu to a blender or food processor and puree until the tofu is creamy and without lumps. In a medium bowl, add the pureed tofu, ricotta cheese, parmesan cheese, dried basil, dried oregano and black pepper and stir until combine.

Cook the frozen spinach according to package directions and cool slightly. Drain the spinach and squeeze out excess moisture. Add the spinach to the tofu mixture.

When the shells are cooked, drain and allow to cool until the shells can be handled. When the shells are cool enough to handle, stuff each shell with a small amount of the tofu mixture. Add the stuffed shells to the 13-by-9-inch pan and repeat until all shells are stuffed with the tofu mixture.

Pour the marinara sauce over the stuffed shells and sprinkle evenly with mozzarella cheese. Bake the stuffed shells until the cheese is melted and the sauce is bubbly.

Nutrition information per serving: 170 calories; 5 g total fat (2 g saturated fat); 23 g carbohydrate; 3 g fiber; 4 g total sugar (0 g added sugar); 9 g protein; 182 mg calcium; 0 mcg Vitamin D; 318 mg potassium; 2 mg iron; 435 mg sodium.

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References:

American Institute for Cancer Research. AICR Food Facts. Foods that Fight Cancer. Soy. Accessed 12 May, 2020 at: <https://www.aicr.org/cancer-prevention/food-facts/soy/#research>



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