Tofu is a lean protein food that is made from soybeans. Tofu is low in calories and saturated fat and provides important nutrients like protein, calcium, iron and potassium. Soy products are a source of plant protein and have all the amino acids that our bodies need to function properly and make protein. In addition to protein, vitamins and minerals, soy products have isoflavones, a compound found in some plants, which has health benefits.

Research suggests that eating soy products does not increase risk of breast cancer reoccurrence for cancer survivors. In fact, some research suggests that eating soy products may actually decrease risk of breast cancer reoccurrence. Currently, more research is needed to understand if eating soy products decreases risk of developing cancer. There are many things that affect soy products’ effects on developing cancer. Some of these include a person’s genes, their overall diet and the type of soy products they eat or drink. In the United States, most people do not eat a lot of soy products; this makes it challenging for researchers to understand how soy products affect cancer risk. More research will help us to continue learning about how soy products affect cancer risk. Soy products give us many important nutrients like protein, dietary fiber, vitamins, minerals and isoflavones, and, because they are rich in nutrients, the American Institute for Cancer Research (AICR) encourages people to include soy products in their eating routine regularly to promote good health.

Tofu is a nutritious, versatile, delicious soy product and an affordable protein food to include in your eating routine. 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. Here are some silken tofu recipes to use in a variety of dishes. Experiment with silken tofu to add a thick, creamy texture to your favorite recipes!
Chocolate Mousse
Serves: 6
Serving Size: 1/3 cup

What you need:
• 12 ounces silken tofu, drained if needed
• 2 ounces semisweet chocolate
• ¼ teaspoon vanilla extract
• ¼ teaspoon cinnamon
• Whipped cream
• Fresh berries

What to do:
• Wash your 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 you can 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 1 tablespoon of whipped cream and your choice of berries.

Nutrition Information per Serving: 99; Total Fat: 7g; Saturated Fat: 3g; Protein: 4g; Total Carbohydrates: 8g; Added Sugar: 0g; Fiber: 1g; Protein: 4g; Calcium: 50mg; Vitamin D: 0mcg; Potassium: 17mg; Iron: 1mg; Sodium: 4 mg
Strawberry Banana Smoothie

Serves: 2
Serving Size: 1 smoothie (about 1 cup)

What you need:
• 6 ounces silken tofu, drained if needed
• 1 cup frozen banana and strawberry slices*
• ¼ cup milk**
• ½ tablespoon honey

What to do:
• 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 for creamy, fruity ice pops.

*You can substitute other frozen fruits for the banana and strawberry slices in this recipe.

**Skim Milk was used for the nutrient analysis of this recipe

Nutrition Information per Serving: Calories: 200; Total Fat: 5g; Saturated Fat: 1g; Total Carbohydrates: 28g; Fiber: 6g; Total Sugars: 3g; Added Sugar: 0g; Protein: 12g; Calcium: 164 mg; Vitamin D: 0 mcg; Potassium: 406 mg; Sodium: 547 mg
Creamy Baked Potato Soup
Serves: 7
Serving Size: 1 cup

What you need:
• 2 tablespoons olive oil
• ½ medium onion, chopped
• 2 cloves garlic, chopped
• 4 cups peeled and cubed potatoes (from 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 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

What to do:
• Wash your 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: Calories: 148, Total Fat: 2g; Saturated Fat: 0g; Total Carbohydrates: 28g; Fiber: 3g; Total Sugar: 2g; Added Sugar: 0g; Protein: 6g; Calcium: 60mg; Vitamin D: 0mcg; Potassium: 497mg; Iron: 1mg; Sodium: 117mg
Creamy Spinach Stuffed Shells

Serves: 10
Serving Size: 2 stuffed shells

What you need:
• 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

What to do:
• Wash your hands with soap and water.
• Preheat the oven to 350 F.
• Heat a large pot filled with water over medium high heat until the water boils.
• Add the jumbo shells to the pot and follow the package directions to cook the noodles until just tender.
• Follow the package directions to cook the frozen spinach. Allow the spinach to cool slightly.
• Drain the spinach and squeeze out excess moisture.
• 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, drained spinach, dried basil, dried oregano and black pepper and stir until combined.
• When the shells are cooked, drain and allow to cool until the shells can be handled.
• Evenly coat a 13x9-inch pan with non-stick spray.
• When the shells are cool enough to handle, stuff each shell with a small amount of the tofu mixture.
• Add the stuffed shell to the 13x9-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: Calories: 170; Total Fat: 5g; Saturated Fat: 2g; Total Carbohydrates: 23g; Fiber: 3g; Total Sugar: 4g; Added Sugar: 0g; Protein: 9g; Calcium: 182 mg; Vitamin D: 0mcg; Potassium: 318mg; Iron: 2mg; Sodium: 435mg
References
https://www.aicr.org/cancer-prevention/food-facts/soy/#research