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 comes in a variety of textures including firm and silken. Firm tofu has a mild flavor and can take on the tastes and flavors of the foods to which it is added. Firm tofu can be added to a variety of dishes like salads, sandwiches, grain bowls, stir fry and pasta dishes. You can use this publication to find several recipes for cooking with firm tofu. Experiment with firm tofu to add a delicious punch of protein, vitamins and minerals to your favorite recipes.
Sautéed Tofu

Serves: 4
Serving Size: ½ cup

What you need:

• 8 ounces firm tofu, drained
• 1 ½ tablespoons, olive oil
• 1 cup quinoa, cooked
• ½ medium onion, diced
• 2 cloves garlic, diced
• 1 ½ teaspoons cumin
• 1 teaspoon chili powder
• ½ teaspoon dried oregano
• 1 teaspoon garlic powder

What to do:

• Wash your hands with soap and water.
• Crumble tofu with your hands until the tofu is fine crumbles.
• In a medium pan, heat the olive oil.
• When the oil is hot, add the onions and garlic and sauté until the onions are translucent.
• Add the tofu crumbles, quinoa, cumin, chili powder, oregano and garlic powder to the pan. Cook until the mixture is warmed.
• The tofu crumbles can be served as a filling for tacos, burritos, quesadillas or used in the Tofu Taco Bake recipe listed below. The tofu crumbles make a great base for a protein bowl topped with a variety of toppings like beans, low-fat cheese, avocado, guacamole, salsa and other toppings.

Nutrition Information per Serving: Calories: 136; Total Fat: 8g; Saturated Fat: 1g; Total Carbohydrates: 10g; Fiber: 2g; Total Sugars: 1g; Added Sugars: 0g; Protein: 7g; Calcium: 96 mg; Vitamin D: 0 mcg; Potassium: 89mg; Sodium: 8mg
Tofu Taco Bake
Serves: 12
Serving Size: 2-inch square piece

What you need:
• Non-stick spray
• 2 15.5-ounce cans low sodium pinto beans, drained and rinsed
• ½ cup water
• ½ teaspoon cumin
• 2 ¼ cups salsa
• 10 small corn tortillas
• 2 ½ cups spicy tofu crumbles (see recipe above)
• 1 ¼ cups shredded, reduced fat cheddar cheese
• Optional toppings: salsa, guacamole, diced avocado, lime juice, low-fat sour cream or plain yogurt, hot sauce

What to do:
• Wash your hands with soap and water.
• Preheat the oven to 350 F.
• Evenly coat a 13x9-inch pan with non-stick spray.
• In a medium bowl, mash the pinto beans with a fork until smooth.
• Add the water and cumin to the pinto beans and stir to combine.
• Spread ¼ cup of salsa in a thin, even layer in the bottom of the 13x9-inch pan.
• Place 5 tortillas on top of the salsa, making sure that the bottom of the pan is fully covered by the tortillas. It may help to tear some tortillas in half to cover evenly.
• Spread half of the bean mixture in an even layer on top of the tortillas.
• Sprinkle half of the tofu crumbles evenly across the bean mixture.
• Spread one cup of salsa evenly on top of the tofu crumbles.
• Repeat using the remaining tortillas, beans, tofu crumbles and salsa.
• Sprinkle the top of the dish evenly with cheddar cheese.
• Bake for 30 minutes or until the cheese is melted and the sauce is bubbling.
• Serve with optional toppings if desired.

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
Ginger-Marinated Tofu
Serves: 4
Serving Size: ½ cup

What you need:
• 16 ounces firm tofu, drained
• 1 tablespoon corn starch
• 1 tablespoon low-sodium soy sauce
• 2 tablespoons olive oil
• ½ teaspoon ground ginger
• ¼ teaspoon black pepper
• Non-stick spray

What to do:
• Wash your hands with soap and water.
• Preheat the oven to 400 F.
• Drain the tofu and press to remove excess water. To press the tofu, you can use a tofu press or you can place the tofu on a plate and wrap loosely with a paper towel. Place a baking sheet or cutting board on top of the tofu. Place a heavy pan or kettle on top of the baking sheet or cutting board. Allow the tofu to sit in the refrigerator for about 30 minutes to press out excess water. Removing excess moisture from the tofu allows the tofu to become browned and crisp.
• When most of the moisture has been removed from the tofu, cut the tofu into small, ½-inch cubes.
• In a medium bowl, combine the corn starch, olive oil, soy sauce, ginger and black pepper.
• Add the drained tofu to the bowl and toss, ensuring that the tofu is coated evenly with the sauce.
• Marinate the tofu for about 15 minutes in the refrigerator.
• Evenly coat a sheet pan with non-stick spray and spread the tofu evenly across the pan.
• Cook the tofu in the oven for about 20 minutes, or until the bottom is browned and crisp.
• With tongs, turn the tofu over and cook for another 20 minutes, or until the tofu is browned and crisp on the other side.
• Serve the ginger marinated tofu as a lean protein dish by itself or added to stir fry dishes, salads or grain bowls.

Nutrition Information per Serving: Calories: 140; Total Fat: 11g; Saturated Fat: 2g; Total Carbohydrates: 4g; Fiber: 0g; Protein: 8g; Calcium: 127 mg; Vitamin D: 0 mcg; Potassium: 140 mg; Iron: 1.3 mg; Sodium: 154 mg
**Tofu Grain Bowl**

Serves: 4  
Serving Size: ½ cup

**Step 1: Choose a Grain Base**
- Brown, white or basmati rice  
- Rice noodles  
- Whole wheat noodles  
- Linguini  
- Quinoa

**Step 2: Add One or More Lean Proteins**
- Ginger-marinated tofu  
- Sautéed tofu  
- Edamame  
- Black beans  
- Garbanzo beans  
- Eggs  
- Peanuts

**Step 3: Add One or More Toppings**
- Broccoli  
- Carrots  
- Celery  
- Cauliflower  
- Snap peas  
- Mushrooms  
- Water chestnuts  
- Zucchini  
- Asparagus  
- Squash  
- Orange segments  
- Pineapple chunks

**Step 4: Add a Sauce (Optional)**
- Low-sodium soy sauce  
- Ginger dressing  
- Peanut sauce  
- Hot sauce  
- Lime juice
References