

# Tofu Tips

**Tofu is a plant protein food that can be swapped with meat in many recipes.**

Depending on the type of tofu, a 3-ounce serving contains between 7 to 14 grams of protein, 70 to 130 calories, 4 to 7 grams of fat, and 60 to 150 milligrams of calcium. Different types of tofu can be used in a variety of recipes and prepared with various methods to achieve different textures. For recipes, go to [wicworks.fns.usda.gov/resources/what-do-i-do-tofu](https://wicworks.fns.usda.gov/resources/what-do-i-do-tofu) and **Health eKitchen at WIChealth.org**.



## Types of Tofu

**Silken:** Silken tofu is the softest form of tofu. It is best used in creamy and smooth dishes and can be the base of a creamy pasta sauce or a smoothie.

**Medium:** Medium tofu is denser than silken tofu but it is still pretty tender. This type of tofu is great as an egg replacement in scrambles or in recipes where the tofu does not need to hold a specific shape.

**Firm:** Firm tofu can be cut and still hold its shape relatively well. This type of tofu is a solid block that can be great in stir-fries, as a baked snack, or used in place of meat in recipes.

**Extra Firm:** Extra firm tofu is the densest form of tofu and can be used in many ways. This type of tofu will retain its shape when pan-fried, grilled, air-fried, or baked. Extra firm tofu can be marinated as it absorbs a lot of flavor.

## Tips for Cooking and Using Tofu

**Pressing:** All tofu is packaged in a small amount of water. It is common to press tofu to remove any excess water and achieve a heartier, denser texture that does not fall apart. You can press tofu by removing it from the packaging, wrapping it in a paper or dish towel, and placing it between two plates with something heavy on top such as a pot or bag of flour. Depending on the firmness you want to achieve, you can press tofu for 20 minutes or longer.

**Shape your tofu:** If you choose to press your tofu or not, you can cut it into any shape you desire: cut cubes or triangles; slice it into longer strips or fillets; break it into crumbles; or blend it into sauce. You can even use cookie cutters to make fun shapes!

**Eat it raw:** Tofu is completely safe to eat raw. Whether you press it or marinate it, you can use raw tofu in salads, smoothies, or have it as a protein-packed snack.

**Marinating:** Since tofu has a bland flavor, marinating it is very popular. Marinate tofu by using wet or dry seasonings and letting the tofu soak in the flavor. Similar to pressing tofu, marinating/seasoning can be done just before cooking or using, or you can marinate it in a bowl or bag for several hours.

**Oven:** Cooking tofu in the oven is one of the easiest ways to prepare it. Place your tofu on a baking tray and pop it in the oven. The temperature and bake time will depend on how crispy you prefer tofu.

**Stovetop:** In a pan with some oil is another great way to cook tofu. This way of cooking can sear the outside of your tofu without drying it out.

**Grill:** Grilled tofu gives it a smoky flavor and a crispy outside. If you prefer a grilled flavor and grill lines, this method of cooking tofu is for you.

**Storing:** When stored in the refrigerator, tofu that is removed from its packaging should be consumed within one week of purchasing. Tofu can be frozen. Drain the liquid it came in and pat it dry. Slice the block into thin pieces and store it in an airtight container. It can be kept in the freezer for up to five months. To thaw, move the tofu to the refrigerator overnight. Let it fully thaw before using it.

