



CACFP Tofu Recipe Guide



Table of Contents

- Instructions for Baked Tofu to use for Salads, Sandwiches, & Snacks.... 2
- Tofu Scramble 2
- Avocado Tofu Toasts 3
- Crispy Tofu Pasta Salad 3
- Mustard-Crusted Tofu..... 4
- Barbecue Pizza with Tofu 4
- Crispy Salt and Pepper Tofu 5
- Stir-fry with Tofu and Vegetables 5
- Tofu and Avocado Rice Bowl..... 6
- Tofu Tostadas 6
- Crispy Tofu Dippers 7
- Pesto Penne with Baked Tofu Bites 7
- Baked Barbecue Tofu 8
- Tofu and Black Bean Tacos..... 8

Ctrl + Click on any recipe in the Table of Contents to reach the recipe via hyperlink in the document

Instructions for Baked Tofu to use for Salads, Sandwiches, & Snacks

INGREDIENTS

1 14oz package extra-firm tofu

Number of servings: 6

CACFP Meal Pattern: Each 2.2oz or ¼ cup serving is equivalent to 1 oz. M/MA.

Marinade (optional):

1 tablespoon sesame oil
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 tablespoon water

DIRECTIONS

Step 1

Remove the tofu from its packaging and pat dry with paper towels or a dish cloth. Line a plate with a paper towel and set the tofu on top. Set a small plate on top of the tofu and weigh it down with something heavy, like a 28-ounce can of tomatoes. Press for 15 to 30 minutes. You will see liquid collect around the tofu. A tofu press can also be used instead of the plate method. Slice the pressed tofu into cubes, thin slices, or sticks, depending on how you plan to use the tofu.

Step 2 (optional)

To give the tofu extra flavor, marinate the tofu pieces for at least 30 minutes or as long as overnight. Whisk together the marinade ingredients. Transfer the marinade and the tofu to a shallow container. Gently toss the cubes until coated with the marinade. Place in the fridge for at least 30 minutes. If marinating longer, toss the tofu occasionally to marinate evenly.

Step 3

When ready to bake the tofu, heat the oven or toaster oven to 350°F. Line a baking sheet with parchment or a Silpat. If you'll be serving the tofu right away, tossing the cubes with cornstarch will make them crispier. (The corn starch doesn't make a difference once the cubes are cooled and refrigerated.)

Step 4

Arrange the tofu on the baking sheet in a single layer. The tofu can be close, but try to avoid pieces touching each other. The tofu will shrink as it bakes. Bake until the outside of the tofu is golden and the pieces look slightly puffed, 20 to 45 minutes depending on the size and shape of your tofu. Toss the tofu every 10 minutes so the pieces bake evenly. The longer you bake the tofu, the chewier it will be. If saving the tofu for later, let it cool on the baking sheet, then transfer to a container. The tofu will keep refrigerated for up to a week.

Recipe from: <http://www.thekitchn.com/how-to-make-baked-tofu-cooking-lessons-from-the-kitchn-74358>

Tofu Scramble

INGREDIENTS

1/2 cup red onion, finely chopped
¼ cup red bell pepper, finely chopped
1 clove garlic, minced
14oz package extra firm tofu
2 teaspoons extra virgin olive oil (divided)
2 tablespoons nutritional yeast flakes (optional)
2 tablespoons chicken style seasoning
1/8 teaspoon turmeric
Salt to taste



DIRECTIONS

Step 1

Place your chopped onion, bell pepper, and garlic in a skillet/frying pan with 1 teaspoon of olive oil and sauté on the stove on medium-high heat. Remove from heat when the onions are beginning to change color. Set aside.

Step 2

In a bowl, cube or crumble the tofu and mix in your seasonings. Pour 1 teaspoon of olive oil into a frying pan/skillet and heat over medium to medium-high heat. Pour the tofu on top of the olive oil and stir. Continue stirring every minute or so until the tofu begins to become firm around the edges.

Step 3

Gently fold the onion/pepper mixture into the tofu. Serve hot, and enjoy! Can also be served in whole wheat tortillas and with or without salsa.

Recipe from: <http://veganyumminess.com/scrambled-tofu-revisited-breakfast-burritos/>

Number of servings: 6

CACFP Meal Pattern: Each serving is equivalent to 1 oz. M/MA.

-Serve with ½ of 6" tortilla for 1-5 year olds or 1 full 6" tortilla for 6-12 year olds to meet GR/B requirements.

Avocado Tofu Toasts

INGREDIENTS

1/2 avocado, sliced into strips
14oz package firm tofu, sliced into 12 pieces
1/2 lemon, sliced into wedges (optional as garnish)
1/2 lemon, juiced
3-6 slices of whole wheat bread

Tofu sauté:

2-3 pinches salt (to taste)
a few dashes of chili powder or chipotle powder
1/2 tsp agave or maple syrup (optional)
a few dashes fine black pepper
1 tsp vegetable oil for sauté pan (safflower oil used)



DIRECTONS

Step 1

Slice avocado and juice 1/2 lemon. Soak avocado in lemon juice while preparing the tofu.

Step 2

Slice tofu and blot with paper towel so that the outside surfaces are dry.

Step 3

Heat a sauté pan over high heat. When hot, add oil and sliced tofu. Add spices over top. Cook 1-2 minutes on each side.

Step 4

Toast the bread and add 2 slices of tofu and 1 slice avocado on top of toast. Season with pepper over top.

Recipe from <https://www.babble.com/best-recipes/avocado-tofu-toasts-healthy-snack/>

Number of servings: 6

CACFP Meal Pattern: 2 tofu slices is equivalent to 1 oz. M/MA.

- Serve with ½ slice of bread for 1-5 year olds or 1 full slice of bread for 6-12 year olds to meet GR/B requirements.

Crispy Tofu Pasta Salad

INGREDIENTS

For the salad:

16oz container (2 cups) extra firm tofu,
drained and pressed
1 1/2 tablespoons sesame oil
½ lb. macaroni noodles, dry
1/2 medium red onion, chopped
3/4 bell pepper, chopped
3 cloves garlic, minced
Fresh mozzarella slices
Mint sprigs for
garnish



Number of servings: 8

CACFP Meal Pattern: Each serving is equivalent to 1 oz. M/MA and provides ½ c. pasta (GR/B).

For the dressing:

2 tablespoons red
wine vinegar
1 tablespoon extra-virgin olive oil
1 tablespoon lemon juice
1/2 tablespoon freshly grated lemon zest
1 1/2 teaspoons low-sodium soy sauce
1 teaspoon oregano
2 garlic cloves, crushed
Liberal dashes of salt and pepper

DIRECTIONS

Step 1

Prepare pasta according to package directions. Rinse and set aside.

Step 2

Cut pressed tofu into bite size pieces. Heat 3/4 tablespoon oil in a medium size sauce pan over medium high heat. Add tofu and cook until browned, about 5 – 8 minutes. Remove from heat and place in a warm oven to stay warm. In the same pan, heat remaining oil. Add onion and cook until fragrant. Add garlic and pepper and cook until soft. Remove from heat. Toss pasta, tofu and vegetables together.

Step 3

To prepare the dressing, whisk red wine vinegar, olive oil, lemon juice, soy sauce, oregano, garlic and salt and pepper. Pour dressing over the tofu pasta and garnish with fresh mozzarella and mint.

Recipe from: <http://nutritionfor.us/2012/07/crispy-tofu-pasta-salad/>

Mustard-Crusted Tofu

INGREDIENTS

14oz package firm tofu
1/2 cup whole grain Dijon mustard
2 tablespoons vegetable oil, divided

DIRECTIONS

Step 1

Cut tofu into 6 slices. Arrange on paper towels; drain 10 minutes. Spread both sides of each slice with mustard.

Step 2

Heat 2 tablespoons of oil in another large nonstick skillet over medium heat. Add tofu; cover and cook until heated through and crisp, about 2 minutes per side.



Number of servings: 6

CACFP Meal Pattern: Each 2.2oz tofu slice or ¼ cup is equivalent to 1 oz. M/MA.

Recipe adapted from: <http://www.epicurious.com/recipes/food/views/Mustard-Crusted-Tofu-with-Kale-and-Sweet-Potato-239827>

Barbecue Pizza with Tofu

INGREDIENTS

1 large (16oz) store-bought or homemade pizza crust
1 cup barbecue sauce
2 cups baked tofu
1/2 small red onion, thinly sliced
8oz (3 cups) mozzarella cheese, shredded
Kosher salt
Handful of fresh cilantro, coarsely chopped (optional)



DIRECTIONS

Step 1

Preheat oven to 400°F. Roll/pull/flatten the pizza crust dough to about 14 inches in diameter. Brush a cookie sheet with a little olive oil and carefully lay the pizza crust(s) on the cookie sheet.

Step 2

Spread 1/2 cup of the barbecue sauce onto the dough, leaving about a 1/2 inch border around the edges.

Step 3

Add tofu to a small bowl and add remaining barbecue sauce. Carefully toss and evenly place pieces over pizza crust. Lay sliced red onions and shredded cheese over the top.

Step 4

Bake for about 10 minutes, until the crust is golden brown and the cheese is completely melted. Remove from the oven and sprinkle a pinch of kosher salt and the fresh cilantro over the top.

Recipe from: <http://www.kitchentreaty.com/barbecue-tofu-pizza-with-optional-chicken-substitution-or-make-one-of-each/>

Number of servings: 8

CACFP Meal Pattern: Each slice is equivalent to 1 oz. M/MA and provides 2 servings GR/B.

Crispy Salt and Pepper Tofu

INGREDIENTS

14oz package extra-firm tofu
1/4 cup vegetable or canola oil
1/4 cup cornstarch
1/2 teaspoon kosher salt
1/4 teaspoon freshly-ground black pepper (or to taste)
Additional salt and pepper to taste



DIRECTIONS

Step 1

Press tofu to remove excess moisture. To do so, line a plate with several paper towels. Place tofu on paper towels and top with two or three more paper towels. Place three or four more plates on top of the tofu. Drain for 20 - 30 minutes.

Step 2

Remove tofu from paper towels and cut into bite-sized pieces.

Step 3

Add the vegetable or canola oil to a large skillet over medium-high heat.

Step 4

Add the cornstarch, 1/2 teaspoon salt and 1/4 teaspoon pepper to a large plate or shallow baking dish. Mix.

Step 5

Working in batches, dredge the tofu in the corn starch mixture, turning to coat evenly. Carefully add tofu to hot oil in skillet. Cook over medium-high for about 10 minutes, turning occasionally to brown all sides. Remove tofu from pan and place on several paper towels, blotting to remove excess oil. Can be eaten alone or added to another dish.

Number of servings: 6

CACFP Meal Pattern: Each 2.2oz tofu slice or ¼ cup is equivalent to 1 oz. M/MA.

Recipe from: <http://www.kitchentreaty.com/crispy-salt-pepper-tofu/>

Stir-fry with Tofu and Vegetables

INGREDIENTS

1 lb. linguine, dry
¼ cup brown sugar
¼ cup low-sodium soy sauce
2 tablespoons fresh lime juice
1 16oz package firm tofu
1 tablespoon canola oil
2 carrots, cut into thin strips
1 red bell pepper, thinly sliced
1 tablespoon grated fresh ginger
2 cups bean sprouts
4 scallions, thinly sliced
¼ cup roasted peanuts, roughly chopped
½ cup fresh cilantro (optional)



DIRECTIONS

Step 1

Boil and drain pasta according to package directions.

Step 2

In a small bowl, whisk together the sugar, soy sauce, and lime juice.

Step 3

Gently press the tofu slices between layers of paper towels to remove excess liquid and dice.

Step 4

Heat the oil in a large skillet over medium-high heat. Add the carrots, bell pepper, and ginger and cook, stirring, for 2 minutes. Add the tofu and bean sprouts. Cook, stirring, until the vegetables are slightly tender, 3 to 4 minutes.

Step 5

Toss the noodles with half the soy sauce mixture and cook over medium-high heat until heated through, 1 to 2 minutes. Transfer to a platter and top with the vegetables and the remaining soy sauce mixture.

Sprinkle with the scallions, peanuts, and cilantro, if desired.

Number of servings: 8

CACFP Meal Pattern: Each serving is equivalent to 1 oz. M/MA and provides ½ c. pasta (GR/B).

Recipe adapted from: <http://www.realsimple.com/food-recipes/browse-all-recipes/stir-fried-rice-noodles-tofu-vegetables#close>

Tofu and Avocado Rice Bowl

INGREDIENTS



2 cups brown rice, cooked
¼ cup canola oil
16oz package extra-firm tofu, cut into 1-inch pieces
Kosher salt
2 tablespoons rice vinegar
2 tablespoons low-sodium soy sauce
2 tablespoons white miso (soybean paste, found in the refrigerated section of the supermarket)
1, 15.5-ounce can pinto beans, rinsed
1 avocado, sliced

DIRECTIONS

Step 1

Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat. Season the tofu with ½ teaspoon salt. Cook, tossing occasionally, until golden, 12 to 15 minutes.

Step 2

Combine the vinegar, soy sauce, miso, and the remaining 2 tablespoons of oil in a small bowl.

Step 3

Serve the tofu, beans, and avocado over the rice, drizzled with the dressing.

Number of servings: 8

CACFP Meal Pattern: Each serving is equivalent to 2 oz. M/MA (with beans) and provides ¼ c. rice (GR/B).

Recipe adapted from: <http://www.realsimple.com/food-recipes/browse-all-recipes/tofu-avocado-rice-bowl>

Tofu Tostadas

INGREDIENTS

8, 6 inch corn tortillas
2 tablespoons, olive oil
½ yellow onion, diced
2 garlic cloves, minced
1 medium red bell pepper, diced
16oz package firm tofu, drained, pat dry and cut into ½ inch cubes
1 teaspoon chili powder
½ teaspoon ground cumin
Salt and pepper, to taste
Juice of 1 lime
¼ cup chopped fresh cilantro (optional)
Garnishes: Cooked black beans, shredded cheese, salsa

DIRECTIONS

Step 1

Baking the shells is optional. To make the baked tostado shells, preheat the oven to 400°F. Spray each side of the corn tortillas with cooking spray. Season with salt. Place tortillas on a large baking sheet and bake until tostadas are lightly browned and crisp on one side, about 3-5 minutes. Remove from oven and flip the tortillas. Place back in the oven and cook until lightly browned and crisp on the other side, about 3-5 minutes. Set aside.

Step 2

Pour olive oil into a large heavy bottom skillet and place over medium high heat. Add onion and cook until tender, about 5 minutes. Stir in the garlic and cook for 2 more minutes. Stir in the red pepper and cook until tender, about 3-4 minutes.

Step 3

Add tofu and season with chili powder, cumin, salt, and pepper, to taste. Squeeze fresh lime juice over the tofu and cook until tofu is brown on each side, about 5 minutes. Stir in fresh cilantro (optional).

Step 4

Place tofu mixture on top of a tostada shell. Garnish with 3 tablespoons of cooked black beans, cheese, and salsa, if desired.



Number of servings: 8

CACFP Meal Pattern: Each serving is equivalent to 2 oz. M/MA (with black beans and cheese).
-Serve with ½ of 6" tortilla for 1-5 year olds or 1 full 6" tortilla for 6-12 year olds to meet GR/B requirements.

Recipe adapted from: <http://www.twopeasandtheirpod.com/tofu-tostadas/print/>

Crispy Tofu Dippers

INGREDIENTS



14oz package extra firm tofu, pressed and drained, cut into bite-sized pieces
2 tablespoons cornstarch
¼ cup cornmeal
¼ cup grated Parmesan cheese
Olive oil
Dipping sauce: Marinara, Ketchup, or Barbeque

DIRECTIONS

Step 1

Whisk together cornstarch, cornmeal, and Parmesan cheese.

Step 2

Place tofu pieces in the mixture and toss to coat well.

Step 3

Heat 1-2 tablespoons of olive oil in a skillet over medium-high heat. Toss coated tofu pieces in the hot pan. Cook on all sides until crispy and brown. Serve with desired sauce.

Number of servings: 6

CACFP Meal Pattern: Each serving is equivalent to 1 oz. M/MA.

Recipe from: <http://www.superhealthykids.com/vegetarian-meals-for-kids-3-ways-to-make-tofu/>

Pesto Penne with Baked Tofu Bites



INGREDIENTS

1/2 lb. Penne Pasta, dry
1/4 cup Prepared Pesto
2 Roma Tomatoes, seeded and chopped
16oz package (2 cups) Extra Firm Tofu
Grated parmesan cheese (optional)

DIRECTIONS

Step 1

Preheat oven to 400°F. Place drained and pressed tofu on a baking sheet. Spray with cooking spray. Place in the oven for 20 minutes, turning pieces half way through.

Step 2

While the tofu is cooking, boil and drain pasta according to package directions.

Step 3

Place your cooked noodles in a pan with the pesto and tomatoes.

Step 4

After 20 minutes check tofu. If it looks brown and slightly crispy it is ready. It can be cooked up to 40 minutes, if needed.

Step 5

Mix tofu and pasta and place the pan on a burner over medium-high heat. Cook until everything is coated and heated through. Sprinkle with parmesan cheese, if desired.

Number of servings: 8

CACFP Meal Pattern: Each serving is equivalent to 1 oz. M/MA and provides ½ c. pasta (GR/B).

Recipe adapted from: <http://www.superhealthykids.com/vegetarian-meals-for-kids-3-ways-to-make-tofu/>

Baked Barbecue Tofu

INGREDIENTS

14oz package extra-firm tofu
1/2 c. barbecue sauce

DIRECTIONS

Step 1

Press tofu for 30 minutes. Cut into 1/2-inch thick slices, then quarter each slice.



Step 2

Pour barbecue sauce into an 8-inch square baking dish. Place tofu in dish and gently toss to coat. Let tofu marinate in sauce for 1 hour (or more), turning occasionally.

Step 3

Preheat oven to 400 degrees. Spray a rimmed baking sheet with oil or cooking spray. Place tofu on baking sheet (do not discard barbecue sauce) and bake for 20 minutes. After 20 minutes, turn tofu over and brush with additional barbecue sauce. Bake 20 minutes more or until tofu is browned on edges. Toss tofu in remaining barbecue sauce and serve.

Number of servings: 6

CACFP Meal Pattern: Each ¼ cup or 2.2oz serving is equivalent to 1 oz. M/MA.

Recipe from: http://ohmyveggies.com/recipe-baked-barbecue-tofu-tofu-for-tofu-haters/#s5ei9BpjmZjTfRR2_99

Tofu and Black Bean Tacos

INGREDIENTS

1 (14-ounce) package extra-firm tofu, drained
1 1/2 teaspoon chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon fine sea salt
1 tablespoon extra-virgin olive oil
3 cloves garlic, finely chopped
3 green onions, finely chopped
1 (15-ounce) can black beans, drained and rinsed
12 corn tortillas, warmed
3 cups shredded green leaf lettuce
2 cups chopped tomatoes
1 1/2 cup shredded cheddar or Monterey Jack cheese



DIRECTIONS

Step 1

Put tofu, chili powder, oregano, cumin, coriander and salt into a bowl and mash together with a fork. Set aside.

Step 2

Heat oil in a large skillet over medium heat. Add garlic and two-thirds of the green onions and cook until fragrant, about 2 minutes. Add tofu mixture and cook, stirring occasionally, until most of the moisture has evaporated, 10 to 12 minutes. Add beans and remaining green onions, stir well and cook until beans are heated through, about 2 minutes more.

Step 3

Spoon tofu mixture into tortillas, top with lettuce, tomatoes and cheese and serve.

Number of servings: 12

CACFP Meal Pattern: Each taco is equivalent to 2 oz. M/MA (with beans and cheese).
-Serve with ½ of 6" tortilla for 1-5 year olds or 1 full 6" tortilla for 6-12 year olds to meet GR/B requirements.

Recipe from: <http://www.wholefoodsmarket.com/recipe/tofu-and-black-bean-tacos>