

EATINGWELL

HEALTHY TOFU RECIPES



South-
western
Tofu
Scramble

Turkey
Ma Po Tofu

Crispy
Glazed Tofu
with Bok
Choy

Tofu &
Vegetable
Stew

Honey-
Mustard
Tofu
Tenders

Tofu
Stroganoff

Tandoori
Tofu

Chocolate
Raspberry
Tofu Pie

Healthy Tofu Recipes

SOUTHWESTERN TOFU SCRAMBLE

☐ Heart Health ☒ Diabetes
☒ Weight Loss ☒ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Cooking crumbled firm tofu in a skillet approximates the fluffy texture of scrambled eggs in this vegetable-studded, vegetarian main dish. Enjoy it for breakfast, lunch or dinner.

- 3 teaspoons canola oil, divided
- 1 14-ounce package firm water-packed tofu, rinsed and crumbled
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt, divided
- 1 small zucchini, diced
- ¾ cup frozen corn, thawed
- 4 scallions, sliced
- ½ cup shredded Monterey Jack cheese
- ½ cup prepared salsa
- ¼ cup chopped fresh cilantro

1. Heat 1½ teaspoons oil in a large nonstick skillet over medium heat. Add tofu, chili powder, cumin and ¼ teaspoon salt and cook, stirring, until the tofu begins to brown, 4 to 6 minutes. Transfer to a bowl.

2. Add the remaining 1½ teaspoons oil to the pan. Add zucchini, corn, scallions and the remaining ¼ teaspoon salt. Cook, stirring, until the vegetables are just tender, about 3 minutes. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more. Remove from the heat and stir in cheese until just melted. Top each serving with 2 tablespoons salsa and 1 tablespoon cilantro.

SERVES 4: ABOUT ¾ CUP EACH

Per serving: 202 calories; 12 g fat (4 g sat, 5 g mono); 13 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 13 g protein; 3 g fiber; 501 mg sodium; 422 mg potassium.

Nutrition bonus: Calcium (35% daily value), Vitamin C (20% dv), Iron & Vitamin A (15% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 1½ medium-fat meat, 1 fat

MAKE IT A MEAL:
SERVE WITH
STEAMED CORN
TORTILLAS,
SOME EXTRA SALSA
AND BLACK BEANS



Healthy Tofu Recipes

TURKEY MA PO TOFU

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Ma Po Tofu is a traditional Chinese recipe usually made with ground pork. This delicious, healthy version uses ground turkey to cut saturated fat and calories and adds mushrooms for extra veggies. Serve with brown rice and make it extra special with a drizzle of sesame oil just before serving.

- 2 tablespoons chile-garlic sauce (see Tips)
- 1½ tablespoons black bean-garlic sauce (see Tips)
- 1 tablespoon Chinese rice wine or dry sherry
- 2 teaspoons reduced-sodium soy sauce
- 1¼ cups water plus 2 tablespoons, divided
- 2 tablespoons canola oil
- 1 pound 93%-lean ground turkey
- 8 ounces cremini mushrooms, sliced
- 4 scallions, thinly sliced
- 1 teaspoon minced fresh ginger
- 1 14- to 16-ounce package water-packed soft tofu, cut into ½-inch cubes
- 2 tablespoons cornstarch

1. Whisk chile-garlic sauce, black bean sauce, rice wine (or sherry), soy sauce and 1¼ cups water in a small bowl.

2. Heat oil in a large skillet over medium-high heat. Add turkey and mushrooms and cook, stirring and breaking up the turkey, until it is no longer pink, 3 to 5 minutes. Add scallions and ginger and cook, stirring, for 1 minute more.

3. Add the reserved sauce; bring to a boil. Stir in tofu and cook until hot, about 2 minutes. Combine cornstarch with the remaining 2 tablespoons water and add to the pan. Simmer until the sauce is thickened, about 2 minutes.

SERVES 4: 1¼ CUPS EACH



Per serving: 325 calories; 18 g fat (3 g sat, 5 g mono); 65 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 451 mg sodium; 695 mg potassium.

Nutrition bonus: Potassium (20% daily value), Iron (19% dv), Folate (17% dv).

Carbohydrate servings: 1

Exchanges: ½ vegetable, 4 medium-fat meat, 1½ fat

TIPS

- A blend of ground chiles, garlic and vinegar, chile-garlic sauce is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets (sometimes labeled as chili-garlic sauce or paste) and keeps up to 1 year in the refrigerator.
- Black bean-garlic sauce is a savory sauce used in Chinese cooking, made from fermented black soybeans, garlic and rice wine. Find it in the Asian-foods section of most supermarkets or at Asian markets. Refrigerate for up to 1 year.

Healthy Tofu Recipes

CRISPY GLAZED TOFU WITH BOK CHOY

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Pressing tofu helps extract liquid so it cooks up perfectly in this healthy Chinese tofu recipe. Look for plum sauce—a sweet-and-sour condiment—near other Chinese sauces in most supermarkets.

- 1 14-ounce package extra-firm water-packed tofu, drained
- ¼ cup plum sauce
- 3 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Shao Hsing rice wine (see Tips)
- 2 teaspoons canola oil plus 1 tablespoon, divided
- 3 scallions, trimmed and cut into 2-inch lengths
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 baby bok choy, quartered lengthwise
- ¼ cup water
- 1 teaspoon toasted sesame seeds

1. Fold a kitchen towel in half and place on a cutting board. Cut tofu in half horizontally and set on the towel. Put another folded towel and a weight (such as a heavy skillet) on the tofu; let drain for 15 minutes.

2. Meanwhile, whisk plum sauce, ketchup, soy sauce and rice wine in a small bowl and place near the stove.

3. Cut the pressed tofu into ¾-inch cubes and place near the stove.

4. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add scallions, garlic and ginger; cook, stirring, for 30 seconds. Add bok choy and cook, turning, until bright green, 1 to 2 minutes. Add water, cover and steam until tender, about 2 minutes. Transfer everything to a plate. Wipe the pan dry.

5. Return the pan to medium-high heat, add the remaining 1 tablespoon oil and heat until shimmering. Add the tofu in a single layer. Cook, without stirring, until starting to brown, 2 to 3 minutes. Stir and continue



cooking, stirring frequently, until brown on all sides, 6 to 8 minutes more. Add the sauce; cook, stirring, until the tofu is well coated, 1 to 2 minutes. Serve with the bok choy, sprinkled with sesame seeds.

SERVES 4: ½ CUP TOFU & 1¼ CUPS BOK CHOY EACH

Calories 209, **Fat** 11g (sat 1g), **Cholesterol** 0mg, **Carbs** 18g, **Total sugars** 5g (added 2g), **Protein** 12g, **Fiber** 3g, **Sodium** 557mg, **Potassium** 922mg.

Nutrition bonus: Vitamin A (148% daily value),

TIP

Shao Hsing (or Shaoxing) is a seasoned rice wine used in Chinese cooking to flavor sauces, marinades and stir-fries. Look for it in Asian specialty markets or with other Asian ingredients in large supermarkets. Dry sherry can be used as a substitute.

Vitamin C (79% dv), Calcium (38% dv), Potassium (26% dv), Folate (25% dv), Iron (23% dv), Magnesium (17% dv).

Carbohydrate servings: 1

Exchanges: 1 other carbohydrate, 1 vegetable, 1 lean meat, 1 fat

Healthy Tofu Recipes

TOFU & VEGETABLE STEW



ACTIVE: 40 MIN **TOTAL:** 40 MIN

A predominance of umami ingredients (tofu, miso, eggs, soy sauce) make this chunky vegetable stew recipe wonderfully hearty. Use firm silken tofu if you prefer a soft texture; opt for regular firm tofu for more chew.

- 1½ tablespoons canola oil
- 1 medium onion, chopped
- 1½ tablespoons grated or minced fresh ginger
- 4 cups thinly sliced napa cabbage
- 4 cups vegetable broth
- ½ cup snipped dulse or arame seaweed
- 1 cup corn kernels, fresh or frozen
- 2 12- to 14-ounce packages firm tofu, silken or regular, drained if necessary, cut into ¼-inch cubes
- ¼ cup white miso (see Tip)
- 2 large eggs, beaten
- 4 scallions, chopped
- 2 tablespoons rice vinegar

1. Heat oil in a Dutch oven over medium-high heat. Add onion and ginger; cook, stirring often, until fragrant, about 1 minute. Add cabbage; cook, stirring occasionally, until starting to wilt, 1 to 2 minutes.

2. Pour in broth, add seaweed and bring to a boil. Reduce heat to medium and simmer for 5 minutes. Add corn, return to a simmer and cook for 2 minutes. Add tofu and cook until hot, about 3 minutes. Stir in miso and cook 1 minute more.

3. Drizzle eggs onto the surface of the stew and let simmer, undisturbed, until the eggs are just set, 1 to 2 minutes. Remove from the heat and add scallions and vinegar; gently stir to combine.

MAKES: 5 SERVINGS, ABOUT 2 CUPS EACH

Per serving: 251 calories; 12 g fat (2 g sat, 4 g mono); 74 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 17 g protein; 4 g fiber; 987 mg sodium; 606 mg potassium.



Nutrition bonus: Vitamin A (34% daily value), Vitamin C (25% dv), Iron & Potassium (18% dv), Folate (17% dv).

Carbohydrate servings: 1½

Exchanges: ½ starch, 1 vegetable, 1 medium-fat meat, 1 fat

TIP

Miso is a fermented soybean paste that adds flavor to dishes like soups, sauces and salad dressings. White or sweet miso (Shiromiso), made with soy and rice, is yellow and milder in flavor; use for soup, salad dressings and sauces for fish or chicken. Look for it near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

Healthy Tofu Recipes

HONEY-MUSTARD TOFU TENDERS

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 40 MIN

Panko-breaded tofu "tenders" are finger-licking crunchy in this family-friendly tofu recipe. We love the sweet and tangy honey-mustard dipping sauce recipe that goes with it, but feel free to use your favorite dip. No poultry seasoning on hand? Make your own by combining equal amounts of dried sage, thyme, marjoram, black pepper, crushed rosemary and crushed celery seed.

- 1 14-ounce package extra-firm water-packed tofu, drained
- 2 large eggs, beaten
- 2 teaspoons hot sauce (optional)
- 1 teaspoon garlic powder
- 1 teaspoon poultry seasoning
- $\frac{3}{4}$ cup panko breadcrumbs, preferably whole-wheat
- $\frac{1}{4}$ teaspoon salt plus $\frac{1}{8}$ teaspoon, divided
- $\frac{1}{4}$ teaspoon freshly ground pepper
- Canola oil cooking spray
- $\frac{1}{3}$ cup nonfat plain Greek yogurt
- 3 tablespoons Dijon mustard
- 3 tablespoons honey
- 2 teaspoons lemon juice

1. Preheat oven to 425°F. Coat a large baking sheet with cooking spray.
2. Cut tofu block in half crosswise. Cut each piece in half horizontally, then cut each stack crosswise again into 5 "tenders." (You will have 20 strips, 2 inches by 1 inch.) Pat the tofu dry with paper towels.
3. Combine eggs, hot sauce (if using), garlic powder and poultry seasoning in a shallow dish. Combine panko, $\frac{1}{4}$ teaspoon salt and pepper in another shallow dish. Dip the tofu strips into the egg, then coat with the panko mixture. (Discard any leftover egg and panko.) Arrange the tofu in a single layer on the prepared baking sheet. Generously coat the tofu with cooking spray.
4. Bake the tofu for 10 minutes. Flip the tenders over and continue baking until crisp and golden, about 10 minutes more. Immediately sprinkle with the remaining $\frac{1}{8}$ teaspoon salt.



5. Meanwhile, whisk yogurt, mustard, honey and lemon juice in a small bowl. Serve the tofu with the dipping sauce.

SERVES 4: 5 TOFU "TENDERS" & 3 TBSP. SAUCE EACH

Calories 225, **Fat** 8g (sat 1g), **Cholesterol** 47mg, **Carbs** 25g, **Total sugars** 14g (added 13g), **Protein** 15g, **Fiber** 3g, **Sodium** 369mg, **Potassium** 62mg.

Carbohydrate servings: 1½

Exchanges: ½ starch, 1 other carbohydrate, 1½ lean meat

Healthy Tofu Recipes

TOFU STROGANOFF

- ☒ Heart Health
- ☐ Diabetes
- ☐ Weight Loss
- ☐ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

In this healthy tofu recipe, seared strips of tofu stand in for meat for a vegetarian version of beef stroganoff. We make the sauce rich and savory with mushroom broth and a touch of sherry, and keep the fat in check with reduced-fat sour cream.

- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 teaspoon paprika
- ½ teaspoon salt, divided
- ½ teaspoon ground white pepper, divided
- 8 ounces whole-wheat egg noodles (6 cups dry)
- 3 tablespoons extra-virgin olive oil, divided
- 5 tablespoons dry sherry, divided
- 1 large onion, halved and sliced
- 10 ounces baby bella or button mushrooms, quartered
- 1 tablespoon chopped fresh thyme or ½ teaspoon dried
- 3 tablespoons all-purpose flour
- 2 cups mushroom or vegetable broth
- ½ cup reduced-fat sour cream

1. Cut tofu block in half crosswise. Cut each piece in thirds horizontally, then cut each stack crosswise again into 6 pieces. (You will have 36 strips, 2 inches by ½ inch.) Pat the tofu dry with paper towels and sprinkle on all sides with paprika and ¼ teaspoon each salt and white pepper.

2. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain and keep covered.

3. Meanwhile, heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Cook the tofu in a single layer, gently stirring every few minutes, until golden brown on all sides, 7 to 9 minutes total. Add 2 tablespoons sherry and cook, stirring, until evaporated, 30 seconds to 1 minute. Transfer the tofu to a plate with a slotted spoon.

4. Add the remaining 1 tablespoon oil to the pan. Add onion, mushrooms, thyme and the



remaining ¼ teaspoon each salt and white pepper; cook, stirring frequently, until the mushrooms release their liquid and start to brown, 6 to 8 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and the remaining 3 tablespoons sherry; bring to a simmer. Cook, stirring, until thickened, 3 to 5 minutes more. Stir the tofu into the sauce. Remove from heat and stir in sour cream. Serve the tofu stroganoff over the noodles.

SERVES 4: ABOUT 1¾ CUPS EACH

Calories 487, **Fat** 19g (sat 5g), **Cholesterol** 12mg, **Carbs** 53g, **Total sugars** 6g (added 0g), **Protein** 20g, **Fiber** 7g, **Sodium** 618mg, **Potassium** 572mg.

Nutrition bonus: Calcium (25% daily value), Potassium (16% dv).

Healthy Tofu Recipes

TANDOORI TOFU

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

A tandoori-inspired spice rub and smokiness from the grill flavor these tofu “steaks.” While you’re there, grill some vegetables, too, to serve alongside.

- 2 teaspoons paprika
- 1 teaspoon salt, divided
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced garlic
- 1 tablespoon lime juice
- 2 14-ounce packages extra-firm or firm water-packed tofu, drained
- ⅔ cup nonfat plain yogurt
- 6 tablespoons sliced scallions or chopped fresh cilantro for garnish

1. Preheat grill to medium-high.
2. Combine paprika, ½ teaspoon salt, cumin, coriander and turmeric in a small bowl. Heat oil in a small skillet over medium heat. Add garlic, lime juice and the spice mixture; cook, stirring, until sizzling and fragrant, about 1 minute. Remove from the heat.
3. Slice each tofu block crosswise into 6 slices; pat dry. Use about 3 tablespoons of the spiced oil to brush both sides of the tofu slices; sprinkle with the remaining ½ teaspoon salt. (Reserve the remaining spiced oil.)
4. Oil the grill rack (see *Tip*). Grill the tofu until it has grill marks and is heated through, 2 to 3 minutes per side.
5. Combine yogurt with the reserved spiced oil in a small bowl. Serve the grilled tofu with the yogurt sauce, garnished with scallions (or cilantro), if desired.

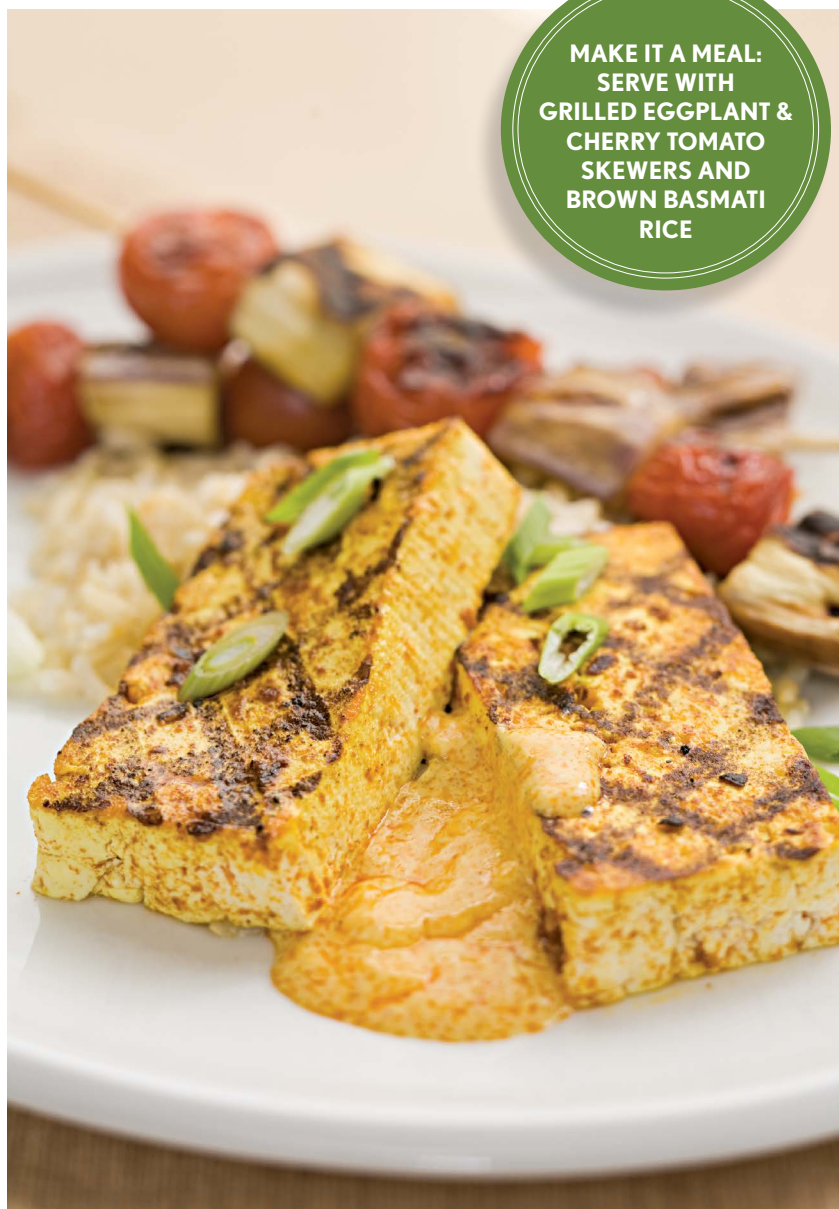
SERVES 6

Per serving: 173 calories; 13 g fat (2 g sat, 7 g mono); 1 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 12 g protein; 2 g fiber; 419 mg sodium; 224 mg potassium.

Nutrition bonus: Calcium (31% daily value).

Carbohydrate servings: ½

Exchanges: 1½ medium-fat meat, 1½ fat



TIP

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Healthy Tofu Recipes

CHOCOLATE RASPBERRY TOFU PIE

☐ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 15 MIN **TOTAL:** 2¼ HRS (INCLUDING 2 HOURS CHILLING TIME)

TO MAKE AHEAD: Loosely cover with plastic wrap and refrigerate for up to 3 days.

This chocolate raspberry tofu pie gets an amazing smooth, rich, creamy texture from pureed tofu. But no need to reveal that tofu is the secret ingredient—we're sure no one will guess.

- 1½ cups semisweet chocolate chips (about 10 ounces)
- 1 12.3-ounce shelf-stable package firm silken tofu (see *Tip*)
- 1 tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- 1 cup raspberries, fresh or frozen (thawed), plus more for garnish
- ½ cup confectioners' sugar
- 1 9-inch graham cracker pie crust

1. Put chocolate chips in a medium microwaveable bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted.

2. Place tofu in a food processor or blender and process until smooth. Add the melted chocolate, maple syrup and vanilla. Process again until smooth. Add raspberries and confectioners' sugar and process until very smooth; scraping down the sides as necessary. Spread the mixture into the crust. Refrigerate until firm, at least 2 hours. Garnish with raspberries, if desired.

SERVES 10

Per serving: 310 calories; 15 g fat (6 g sat, 6 g mono); 0 mg cholesterol; 43 g carbohydrate; 31 g added sugars; 5 g protein; 3 g fiber; 153 mg sodium; 210 mg potassium.



TIP

Look for shelf-stable silken tofu in the Asian foods section or near shelf-stable soymilk in natural-foods stores and some well-stocked supermarkets. If you can't find it, refrigerated silken tofu can be used in its place in this recipe. It's usually sold in a 1-pound container, but you'll only need 1½ cups for this recipe.

About EatingWell

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating your way of life!

ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

EatingWell®

*Photography by: Peter Ardito (page 3), Ken Burris (pages 2, 8-9),
Carin Krasner (page 5), Felicia Perretti (pages 1, 4, 6-7)*

©Eating Well, Inc. All rights reserved.