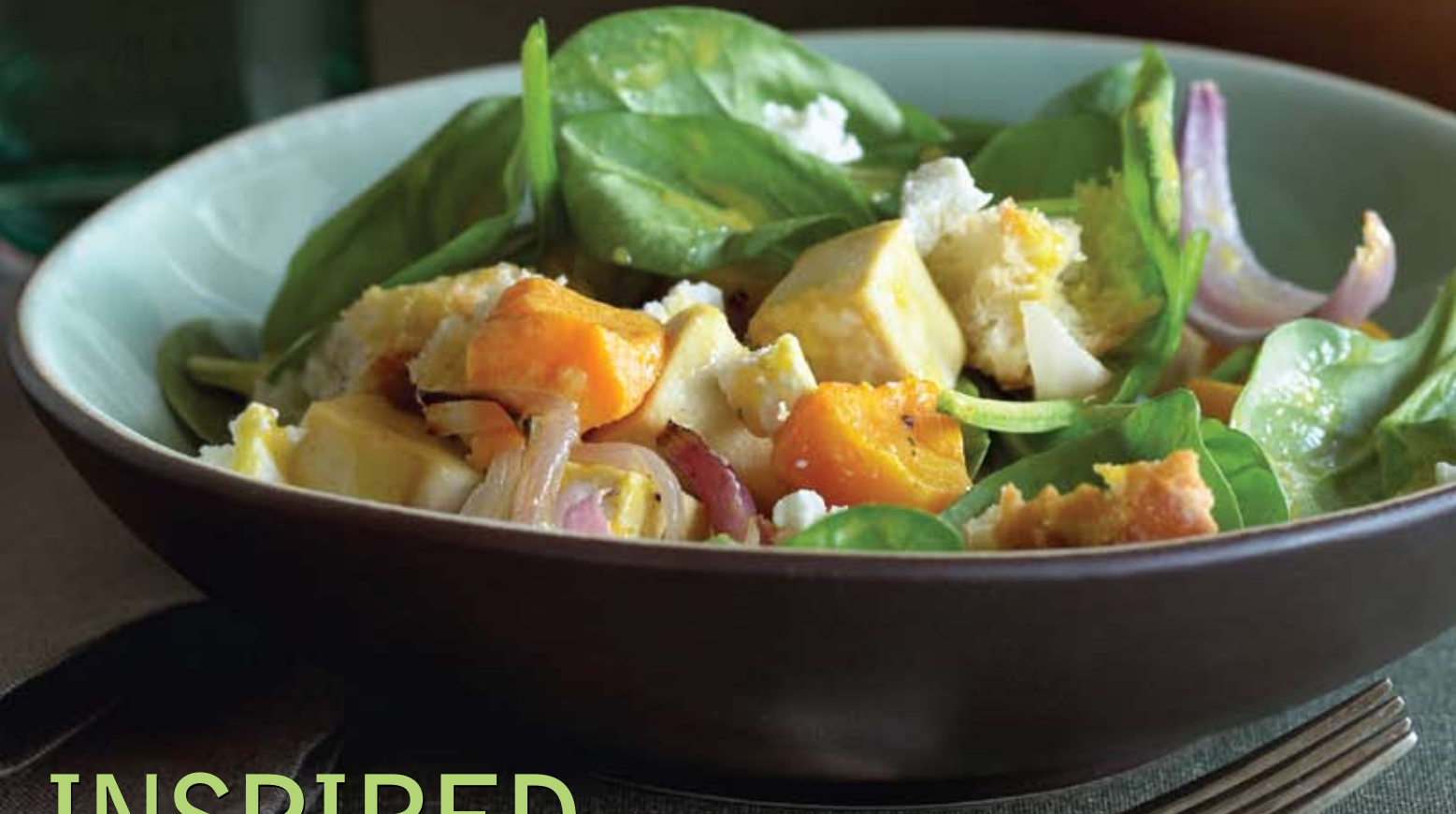


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COOKBOOK



INSPIRED
tofu

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Contents

Breakfast

- 3 Tofu Breakfast Burrito
- 3 Strawberry Sunrise Shake

Appetizers & Sides

- 4 Asian Tofu in Butter Lettuce Wraps
- 4 Tofu Stuffed Peppers
- 5 Pan-Fried Tofu with Mango-Ginger Salsa
- 5 Roasted Jicama Sticks with Tofu-Basil Dip
- 6 Pumpkin Seed Spread

Soups & Salads

- 7 Roasted Squash, Tofu, and Spinach Salad
- 7 Seafood and Tofu Soup
- 8 Rosemary and Orange Tofu Salad
- 8 Italian Bread Salad with Tofu
- 9 Arame Salad with Seared Tofu and Red Peppers
- 9 Zen Stew

Entrées

- 10 Broiled Tofu with Cilantro-Ginger Sauce
- 10 Indian-Seasoned Tofu with Tomatoes
- 11 Grape Leaf-Wrapped Tofu with Green Tea
- 11 Basil-Coconut Curry with Tofu
- 12 Roasted Red Pepper and Pomegranate Sauce over Pan-Seared Tofu
- 12 Grilled Ratatouille with Tofu
- 13 Stir-Fried Udon with Flavored Tofu
- 13 Stir-Fried Tofu with Snap Peas and Cashews

Desserts

- 14 Chocolate Nut-Butter Candy Cups
- 14 Luscious Lemony Tofu Cream Frosting
- 15 Yellow Cake with Chocolate Tofu Ganache
- 15 Cocoa Nib Mousse
- 16 Maple Cheesecake with Pecan Pralines

17 Special Tofu Recipes from our Sponsor

Breakfast

*Tofu Breakfast Burrito

Serves 6 / This dish makes a hearty Sunday breakfast. Any vegetables can be substituted for the ones listed. If you don't have leftover baked potatoes, use fresh potatoes and sauté 10 minutes.

- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 pound firm tofu, crumbled
- 1 teaspoon ground turmeric
- 1 tablespoon low-sodium tamari or shoyu
- 2-3 small baked potatoes, cubed
- 1/4 cup chopped fresh cilantro
- 6 whole-wheat tortillas
- Homemade or bottled salsa, for garnish

1. Heat oil in a 10-inch skillet over medium heat. Add onions and garlic and sauté. Add peppers, cumin, and coriander and continue sautéing until vegetables are soft.
2. Crumble tofu into skillet with vegetables and stir. Sprinkle in turmeric and mix. Add chopped potatoes, tamari, and cilantro and stir.
3. To assemble burritos: Place 1/3 cup of the filling mixture in a whole-wheat tortilla, roll up, and top with salsa. Serve warm.

PER SERVING: 292 cal, 26% fat cal, 8g fat, 1g sat fat, 0mg chol, 15g protein, 37g carb, 5g fiber, 298mg sodium

*Strawberry Sunrise Shake

Serves 2 / Breakfast doesn't get any easier than this. Encourage kids to make their own shakes—a great way to introduce them to basic cooking skills (and tofu).

- 1 box silken tofu, drained
- 1 cup fresh strawberries, hulled
- 1/2 cup orange juice
- 1 tablespoon honey or rice syrup
- 2 tablespoons fresh lemon or lime juice
- 1 cup ice cubes

1. Purée all ingredients in a blender until creamy smooth.

PER SERVING: 183 cal, 24% fat cal, 5g fat, 1g sat fat, 0mg chol, 9g protein, 27g carb, 2g fiber, 11mg sodium

Appetizers & Sides

* Asian Tofu in Butter Lettuce Wraps

Serves 8 / This would work equally well with ground turkey or beef. This can be served at the table with each person having his or her own plate of lettuce, separate bowls of scallion, cilantro, lime slices, and peanuts, and the tofu kept warm in a centered serving dish—a please-yourself approach.

- 2 teaspoons olive oil
 - 4 carrots, peeled and diced small
 - 4 celery stalks, diced small
 - 1 onion, diced small
 - 1 jalapeño pepper, minced
 - 2 cloves garlic, minced
 - 1 pound Asian- or Thai-spiced tofu, drained, dried, and crumbled
 - Low-sodium tamari, to taste
 - 2 tablespoons Thai red chili paste
 - 1 cup chopped scallions
 - 1 bunch fresh cilantro, finely chopped
 - Juice and zest of 1 lime
 - ½ cup dry-roasted peanuts, chopped
 - 1-2 heads butter lettuce (depending on size), washed and separated into leaves
1. Heat olive oil in a large sauté pan and add carrots, celery, onion, jalapeño, and garlic. Let cook for 4–5 minutes. Add tofu and season with tamari and Thai chili paste. Stir and cook for another 5 minutes.
 2. Turn off heat and add chopped scallions, cilantro, lime juice and zest, and peanuts. Scoop 2–3 tablespoons tofu mixture onto each butter lettuce leaf, wrap, and eat.

PER SERVING: 167 cal, 51% fat cal, 10g fat, 1g sat fat, 1mg chol, 9g protein, 12g carb, 3g fiber, 221mg sodium

* Tofu Stuffed Peppers

Serves 8 / The texture of the tofu will be more crumbly and meat-like if you freeze it first, then thaw. Drain thawed tofu well—pressing the tofu between paper towels will release extra moisture—so that the flavors in the sauce are not diluted.

- ¾ pound tofu, frozen, thawed, and crumbled
- 4 large green bell peppers
- 2 tablespoons olive oil
- 1 large onion, diced
- 3 cloves garlic, chopped or minced
- 2 Roma tomatoes, diced
- ½ pound mushrooms, washed and sliced
- ¾ teaspoon salt, to taste
- 1 teaspoon fresh oregano, minced
- 2 teaspoons fresh marjoram, minced
- 1 tablespoon low-sodium soy sauce
- 1 14-ounce can stewed tomatoes
- 1 cup cooked long-grain rice
- 1 Roma tomato, quartered
- ½ cup water
- Freshly ground black pepper
- Sour cream for garnish

1. When frozen tofu has thawed completely, drain as described above.
2. With small paring knife, cut out top of each green pepper and scoop out seeds and inner membrane. Set aside.
3. In 8-quart Dutch oven or small stockpot, heat oil and sauté tofu, onion, and garlic about 4–5 minutes. Add diced tomatoes, mushrooms, salt, oregano, and marjoram. Sauté for another 3–5 minutes. Add soy sauce, stewed tomatoes, and rice. Mix and remove from heat.
4. Fill each bell pepper with tofu mixture, pushing down gently with a spoon to add more stuffing. Wedge a tomato quarter into top cavity of each pepper. Place peppers in stockpot, leaving remaining tomato-rice mixture around peppers. Add water and ground black pepper; cover. Simmer on medium heat for 20–25 minutes, until peppers are fork-tender but not mushy.
5. To serve, spoon extra sauce over peppers, and garnish with a dollop of sour cream. Halve and serve.

PER SERVING: 158 cal, 35% fat cal, 7g fat, 1g sat fat, 0mg chol, 8g protein, 19g carb, 3g fiber, 354mg sodium

Pan-Fried Tofu with Mango-Ginger Salsa

Serves 8 / This is a great dish for introducing tofu to meat lovers.

MANGO-GINGER SALSA

- 1 large mango, peeled and diced into ¼-inch cubes
- 1 small red onion, minced (about 1 cup)
- 1 tablespoon lemon juice
- 2 teaspoons minced fresh ginger
- 2 teaspoons olive oil
- ¼ cup chopped fresh basil leaves

TOFU

- 2 packages prebaked tofu, any flavor
- 3 tablespoons canola oil, divided
- 2 cloves garlic, minced
- 1 green onion, minced, for garnish

1. In a medium bowl, mix together salsa ingredients. Cover and refrigerate. Cut tofu into 8 thin, rectangular pieces.
2. Heat 1½ tablespoons oil in a nonstick cooking pan over medium-high heat and swirl to coat. Add garlic and sauté until fragrant, about 30 seconds.
3. Line bottom of pan with tofu pieces. Pan-fry until golden brown. Add remaining 1½ tablespoons oil, turn, and pan-fry other side, about 3 minutes each side.
4. Place tofu on a serving plate. Top with Mango-Ginger Salsa and garnish with minced green onion.

PER SERVING: 168 cal, 60% fat cal, 11g fat, 2g sat fat, 0mg chol, 9g protein, 8g carb, 2g fiber, 280mg sodium

Roasted Jicama Sticks with Tofu-Basil Dip

Serves 4 / Slices of roasted jicama, a crunchy white root vegetable usually eaten raw, make a sublime match for this luscious, protein-packed dip.

- ½ pound jicama, peeled and cut into ¼-inch slices
- ½ cup wine (red or white, depending on the color desired)
- ½ cup water
- ⅛ teaspoon sea salt
- 3-5 whole cloves
- 2 teaspoons olive oil
- ½ teaspoon freshly ground pink peppercorns
- ¼ teaspoon fine sea salt

TOFU BASIL DIP (MAKES ½ CUP)

- 1 large clove garlic
- 1 green onion
- 6 fresh basil leaves
- 4 ounces medium or soft tofu
- 1 tablespoon olive oil
- 1 teaspoon umeboshi vinegar

1. Place jicama in a 1½-quart pot. Add wine, water, sea salt, and cloves. Cover and cook over high heat until all liquid is gone, about 15 minutes. Discard cloves.
2. Preheat oven to 400°. In a bowl large enough to hold all jicama, mix oil, pepper, and salt. Toss jicama into oil mixture, making sure all edges are coated. Lay jicama slices in a single layer on a baking sheet or shallow roasting pan; place on bottom oven rack. Roast until all edges are well-sealed, turning once or twice, about 15 minutes.
3. Meanwhile, make Tofu-Basil Dip: Mince garlic, green onion, and basil in a food processor. Add tofu, oil, and umeboshi. Blend well.
4. Serve jicama sticks with dip.

PER SERVING: 94 cal, 62% fat cal, 7g fat, 1g sat fat, 0mg chol, 3g protein, 7g carb, 3g fiber, 482mg sodium

Pumpkin Seed Spread

Makes 1 cup / This orange-scented spread is a festive, flavorful alternative to butter, with zero saturated fat.

It's fantastic on cornbread muffins.

- 1 medium carrot, peeled and cut into
1/2-inch rounds
- 1/2 cup raw pumpkin seeds
- 6 ounces firm silken tofu, drained
- 1 1/2 tablespoons honey
- 1/2 teaspoon sea salt
- 1/2 teaspoon finely grated orange zest
- 1/8 teaspoon ground cinnamon

1. Boil or steam carrot until very tender. Drain and set aside.
2. Meanwhile, heat a medium skillet over medium heat. Add pumpkin seeds and toast, stirring or shaking pan frequently, until seeds turn from green to brown and begin to pop. Pour seeds into a food processor. Let cool briefly until merely warm. Process seeds into a fine powder.
3. Add carrot, tofu, honey, salt, orange zest, and cinnamon to food processor. Process until smooth, about 2 minutes, scraping sides of bowl a few times.

PER SERVING (1 tablespoon): 37 cal, 51% fat cal, 2g fat, 0g sat fat, 0mg chol, 2g protein, 3g carb, 0g fiber, 78mg sodium

Soups & Salads

*Roasted Squash, Tofu, and Spinach Salad

Serves 6 / If you have more time, adding roasted parsnips and sunflower seeds enhances this salad's texture and variety. A simple tomato soup balances the meal.

- 4 cups (two 10-ounce bags) frozen butternut squash cubes
 - 2 medium red onions, cut into thin wedges
 - 1 16-ounce package extra-firm tofu, drained and cut into 1-inch cubes
 - 4 tablespoons olive oil, divided
 - 2 tablespoons honey
 - 1 small loaf (8 ounces) ciabatta, torn into bite-size pieces
 - 5 cups baby spinach leaves
 - 2 tablespoons fresh lemon juice
 - 1 teaspoon Dijon mustard
 - ½ cup crumbled goat cheese, for garnish
1. Preheat oven to 400°. Place squash, onions, and tofu in a large roasting pan, drizzle with 2 tablespoons olive oil, and season with salt and pepper. Roast 20 minutes, turning occasionally, until onions are soft. Drizzle with honey. Scatter with torn ciabatta; return to oven for about 5 minutes or until toasted.
 2. Place spinach in a large bowl and top with roasted vegetables, tofu, and ciabatta. Whisk together remaining 2 tablespoons oil, lemon juice, and mustard; season with salt and pepper. Drizzle over salad and toss. Top with cheese, if desired. Serve immediately.

PER SERVING: 346 cal, 38% fat cal, 15g fat, 2g sat fat, 0mg chol, 15g protein, 41g carb, 5g fiber, 78mg sodium

*Seafood and Tofu Soup

Serves 6 / A light and easy soup. Serve with steamed broccoli and cooked rice.

- 4 ounces raw medium shrimp, peeled and deveined
- 2 ounces bay scallops
- ½ teaspoon cornstarch
- ¼ teaspoon salt
- 1 tablespoon canola oil
- 1 teaspoon minced fresh ginger
- 4 cups low-sodium chicken broth
- ½ cup straw mushrooms
- ⅓ cup frozen peas
- 1 tomato, peeled and diced
- ½ package (8 ounces) soft tofu, drained and cut into ½-inch cubes
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon sesame oil
- 2½ tablespoons cornstarch
- 3 tablespoons water
- 1 egg white, beaten
- Chopped fresh basil, green onions, or cilantro, for garnish

1. Combine shrimp, scallops, ½ teaspoon cornstarch, and salt in a bowl; stir to coat. Let stand for 10 minutes.
2. Place saucepan over medium heat until hot. Add oil; swirl to coat. Add ginger, shrimp, and scallops; stir-fry for 1 minute. Add chicken broth; bring to a boil. Add straw mushrooms, peas, tomato, tofu, soy sauce, and sesame oil; cook for 1–2 minutes. Dissolve 2½ tablespoons cornstarch in 3 tablespoons water; add to pan and cook, stirring until thickened, about 10 minutes.
3. Reduce heat to low and slowly drizzle in egg white; cook, stirring constantly, until egg white sets. Add basil, green onion, or cilantro as a garnish.

PER SERVING: 139 cal, 40% fat cal, 6g fat, 1g sat fat, 32mg chol, 13g protein, 8g carb, 1g fiber, 242mg sodium

Rosemary and Orange Tofu Salad

Serves 4 / Tofu absorbs flavor well, which makes it perfect for marinating. In this recipe, slices of tofu are soaked in a classic orange-rosemary marinade, then broiled. You can also marinate and broil the tofu and serve as a simple main-course dish.

- 1 pound low-fat, firm tofu
 - $\frac{1}{4}$ cup reduced-sodium soy sauce
 - 1 cup orange juice, divided
 - 2 cloves garlic, minced, divided
 - 1 tablespoon chopped fresh rosemary
 - 2 teaspoons mirin (Japanese cooking wine)
 - 2 teaspoons tahini
 - 1 tablespoon light miso
 - 2 teaspoons honey
 - $1\frac{1}{2}$ teaspoons toasted sesame oil
 - 4 cups mixed salad greens
 - 16 cooked snow peas
 - $\frac{1}{2}$ cup mung bean sprouts
 - 1 stalk celery, sliced
 - 1 carrot, thinly sliced
 - $\frac{1}{4}$ cup sliced red radish
1. Drain tofu and cut it into $\frac{3}{4}$ -inch-thick slabs. Wrap tofu in a clean kitchen towel. Place a cutting board on top of the towel and set a weighted object such as a cast iron skillet on top. Allow tofu to drain 30–60 minutes.
 2. In a shallow baking dish, combine the soy sauce, $\frac{3}{4}$ cup orange juice, 1 clove garlic, rosemary, and mirin. Stir well. Cut each slab of tofu in half lengthwise to form strips, then place in baking dish with marinade. Spoon marinade over strips, cover, and marinate for at least 30 minutes or up to 24 hours.
 3. In a small bowl, whisk together remaining $\frac{1}{4}$ cup orange juice, garlic, tahini, miso, honey, and sesame oil. Set aside for dressing salad.
 4. Preheat broiler to high. Place tofu about 5 inches from heat and broil, turning once, until tofu has turned golden brown and edges of strips are beginning to crisp.
 5. Meanwhile, toss salad greens with dressing and arrange on a serving platter along with snow peas, bean sprouts, celery, carrot, and radish. As soon as tofu is cooked, place strips on top of salad. Serve immediately.
- PER SERVING:** 153 cal, 30% fat cal, 5g fat, 0g sat fat, 0mg chol, 13g protein, 15g carb, 3g fiber, 350mg sodium

Italian Bread Salad with Tofu

Serves 4 / Put this salad together in the morning and let it marinate until lunchtime. Use a crusty artisan-style bread, such as olive or rosemary; avoid soft bread, which will turn to mush.

DRESSING

- $\frac{1}{4}$ cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon store-bought pesto

SALAD

- 4 cups stale artisan-style bread, cut into large bite-size pieces
- 1 cup cherry tomatoes
- $\frac{1}{2}$ cup pitted kalamata olives
- 4 ounces Italian-flavor baked tofu, cubed
- 2 ounces mozzarella cheese or ricotta salata, cubed
- 2 thin slices red onion
- 1 cup fresh basil leaves, torn

1. Combine all dressing ingredients in a jar and shake well.
2. In a medium bowl or plastic container with lid, mix all salad ingredients. Pour dressing over salad and coat the bread well. Cover and marinate for 2–4 hours.

PER SERVING: 381 cal, 64% fat cal, 27g fat, 5g sat fat, 9mg chol, 13g protein, 21g carb, 2g fiber, 669mg sodium

Arame Salad with Seared Tofu and Red Peppers

Serves 4–6 / Seaweeds' fatty acids and antioxidants have been linked to lower risk of breast and skin cancer. Look for arame, a threadlike dried seaweed, in bulk bins or prepackaged in Asian-food sections. If you have them, use bulk green tea leaves; or simply tear open a teabag and use the contents.

- 2 cups firmly packed dried arame (about $\frac{3}{4}$ ounce)
 - 7 ounces firm tofu
 - 5 teaspoons low-sodium tamari, divided
 - $\frac{1}{2}$ teaspoon finely chopped green tea leaves
 - 1 tablespoon boiling water
 - 1 tablespoon toasted sesame oil
 - 1 teaspoon honey
 - 1 teaspoon finely grated fresh ginger
 - 2 tablespoons rice vinegar
 - 2 teaspoons vegetable oil
 - 1 medium red bell pepper, cut into $\frac{1}{4}$ -inch strips
 - 3 green onions, thinly sliced (white and tender green parts)
 - 1 teaspoon toasted sesame seeds
1. Cover arame in cool water. Soak for 15 minutes, then drain and squeeze out any excess moisture.
 2. Meanwhile, press tofu between towels to remove excess moisture, then cut into $\frac{1}{2}$ -inch cubes. Toss with 2 teaspoons tamari; set aside.
 3. Place tea leaves in a small mixing bowl and cover with 1 tablespoon boiling water. Steep 5 minutes. Whisk remaining 3 teaspoons tamari, sesame oil, honey, ginger, and rice vinegar into the tea leaves. Toss with arame.
 4. Heat a large skillet over medium-high heat. Add vegetable oil, then peppers. Sauté for 3 minutes. Pour any excess tamari from tofu, then add tofu to skillet in a single layer. Cook without stirring for 1 minute, then turn tofu and cook another minute. Turn tofu and peppers onto a plate. Cool to room temperature.
 5. Mix half the green onions into the arame. Using tongs, arrange arame on a serving platter, leaving excess liquid behind. Top with tofu and peppers. Garnish with sesame seeds and remaining green onions.

PER SERVING: 113 cal, 50% fat cal, 6g fat, 1g sat fat, 0mg chol, 6g protein, 9g carb, 5g fiber, 259mg sodium

Zen Stew

Serves 4 / This soup delivers live probiotics through miso, plus valuable minerals from nori, a dried seaweed. Ramps, or very young leeks, are one of spring's first green foods; if you can't find them, substitute green onion or chives. Look for spicy nori strips or sheets in the Asian foods section.

- 2 ounces fresh shiitake mushrooms
- 1 cup water
- 1 cup low-sodium vegetable broth
- $\frac{1}{2}$ cup roughly chopped red onion
- $\frac{1}{3}$ cup thinly sliced carrot
- 1 cup cooked brown rice
- 4 ounces soft tofu, cut into $\frac{1}{2}$ -inch cubes
- $\frac{1}{2}$ ounce tender ramps or green garlic (or 1 green onion), cut into small slivers
- $2\frac{1}{2}$ ounces baby spinach
- $\frac{1}{3}$ cup chickpea miso paste
- $\frac{1}{2}$ cup warm water
- 1 ounce spicy nori, cut into strips

1. Remove stems from mushrooms and discard. Slice caps.
2. In a saucepan, heat 1 cup water and broth; add mushrooms, onion, carrot, cooked rice, and tofu. Bring to a low boil and cook for 5 minutes. Remove from heat. Add ramps or green garlic and spinach; stir until spinach begins to wilt.
3. Combine miso with warm water, stirring to dissolve all lumps. Add to soup and mix. Serve in large soup bowls, topped with nori strips.

PER SERVING: 146 cal, 9% fat cal, 2g fat, 0g sat fat, 0mg chol, 7g protein, 30g carb, 6g fiber, 638mg sodium

Entrées

Broiled Tofu with Cilantro-Ginger Sauce

Serves 4 / A spicy cilantro pesto gives broiled tofu a zesty lift. Try grilling the tofu, if you prefer. Accompany with bowls of simple miso soup and soba noodles tossed in toasted sesame oil for a fast, healthy meal.

- 1 14- to 16-ounce package firm tofu, rinsed and drained
 - 2 tablespoons sesame oil
 - 1 3-inch segment fresh ginger, unpeeled
 - 1 cup fresh cilantro leaves
 - 2 teaspoons low-sodium tamari
 - 1 teaspoon toasted sesame oil
 - 1 teaspoon honey
 - 1 clove garlic, minced
 - $\frac{1}{8}$ teaspoon white pepper
 - 2 tablespoons black sesame seeds
1. Preheat broiler. Cut tofu lengthwise into 8 slices and pat dry between several layers of paper towels. Lightly coat a baking sheet with sesame oil. Arrange tofu in a single layer and brush tops with remaining sesame oil. Broil 6 inches from heat until golden brown, 8–10 minutes. Turn and broil other side until golden, 6–8 minutes.
 2. While tofu is broiling, grate ginger onto a small plate. Squeeze pulp into a food processor to extract juice; discard pulp. Add cilantro, tamari, toasted sesame oil, honey, garlic, and white pepper. Process for 1 minute, until smooth.
 3. Transfer tofu with a slotted spatula to a platter and top each slice with cilantro-ginger sauce. Sprinkle with black sesame seeds and serve immediately.

PER SERVING: 169 cal, 67% fat cal, 13g fat, 1g sat fat, 0mg chol, 8g protein, 7g carb, 1g fiber, 139mg sodium

Indian-Seasoned Tofu with Tomatoes

Serves 4 / Stir in baby spinach leaves at the end of cooking for extra nutrition. Balance the spice with a scoop of plain yogurt on top.

- 8 ounces extra-firm tofu, drained
 - $\frac{1}{8}$ teaspoon salt
 - 2 teaspoons curry powder, divided
 - $\frac{1}{4}$ cup sliced almonds
 - $1\frac{1}{2}$ tablespoons vegetable oil, divided
 - 2 teaspoons minced garlic
 - 1 tablespoon minced fresh ginger
 - 1 14.5-ounce can low-sodium chopped tomatoes, drained
 - $1\frac{1}{4}$ cups frozen peas
 - $\frac{1}{2}$ cup packed cilantro leaves
1. Cut tofu horizontally into two $\frac{3}{4}$ -inch-thick slabs. Press each slab between towels to remove moisture. Sprinkle salt on top and bottom of each slab, then rub in 1 teaspoon curry powder. Cut tofu into $\frac{3}{4}$ -inch chunks.
 2. Pour almonds into a wide skillet over medium-low heat. Stir constantly until almonds are golden brown, about 5 minutes. Pour onto a plate. Turn heat to medium; add 1 tablespoon oil and tofu. Carefully turning tofu with a spatula, cook until pale golden, 5 minutes. Remove to a plate with a slotted spoon. Cover to keep warm.
 3. Add remaining $\frac{1}{2}$ tablespoon oil to pan, followed by garlic and ginger. Lightly brown garlic, then add tomatoes and remaining 1 teaspoon curry powder. Stir and cook 3–4 minutes, until tomatoes lose most of their moisture. Stir in peas, cover, and cook until peas are almost tender, about 3 minutes. Add a tablespoon of water if pan becomes dry.
 4. Scatter tofu over tomato-pea mixture, cover, and heat through, about 2 minutes. Carefully stir in cilantro. Garnish with almonds and serve.

PER SERVING: 212 cal, 51% fat cal, 12g fat, 2g sat fat, 0mg chol, 12g protein, 15g carb, 4g fiber, 140mg sodium

Grape Leaf-Wrapped Tofu with Green Tea

Serves 4 / This dish goes well with rice or as sandwich filling. If you don't have grape leaves, use 12x12-inch squares of aluminum foil.

- 16 ounces extra-firm tofu, frozen
- 2 stalks lemongrass
- 16 large grape leaves (fresh or from a jar)
- Contents of 2 green tea bags

SPICY SESAME SAUCE

- 2 tablespoons fresh ginger, minced
- 4 cloves garlic, minced
- 1 green onion, white part only, minced
- 6 tablespoons low-sodium soy sauce
- ¼ cup rice wine or sake
- 2 tablespoons lemon juice
- ¼ cup rice vinegar
- 1½ tablespoons sesame oil
- 3 tablespoons black sesame seeds
- 2 teaspoons minced fresh red pepper

1. Mix all Spicy Sesame Sauce ingredients in a small container.
2. Thaw tofu in refrigerator. Drain. Rinse under cold water. Place tofu on a cutting board and press out excess water. Cut tofu into 8 pieces. In a container with lid, toss tofu with Spicy Sesame Sauce to coat. Cover and marinate in the refrigerator for 3 hours or longer, turning once.
3. Cut off bottom 6 inches of tender, pale green part of lemongrass and mince. Discard remaining woody stalks. Prepare eight 12x12-inch squares of aluminum foil.
4. Bring 6 cups water to a boil in a large pot. Blanch grape leaves until soft and bright green, 1–2 minutes. Drip-dry grape leaves. Line two leaves on a square of foil, overlapping slightly; place one piece of tofu in the middle and sprinkle with minced lemongrass and green tea. Tightly fold over the leaves' four sides. Wrap packet in foil. Repeat with remaining tofu and foil squares.
5. Oil a nonstick tray or grill rack. Preheat grill to medium. Grill wrapped tofu about 8 minutes each side or until heated through. Serve hot.

PER SERVING (2): 185 cal, 45% fat cal, 9g fat, 1g sat fat, 0mg chol, 13g protein, 10g carb, 2g fiber, 684mg sodium

Basil-Coconut Curry with Tofu

Serves 4 / Coconut milk, curry spices, and basil marry beautifully in this delicious one-dish lunch or supper.

BASIL-COCONUT SAUCE

- 1 cup chopped fresh basil leaves
- ½ medium jalapeño pepper, seeded and finely chopped, or 1 pinch cayenne pepper
- ¾ cup regular or light coconut milk
- ¼ cup low-sodium vegetable broth
- 1 tablespoon low-sodium soy sauce or tamari
- 1 tablespoon fresh lemon juice
- 1 teaspoon minced fresh ginger
- 1 teaspoon curry powder
- 2 teaspoons brown sugar
- Dash of salt

- 2 teaspoons olive oil, divided
- 1 pound reduced-fat firm tofu, drained and cubed
- 1 tablespoon low-sodium soy sauce or tamari
- 1 cup broccoli florets
- 1 medium red bell pepper, seeded and chopped
- 2 cups hot cooked rice or rice noodles
- ½ cup slivered almonds, toasted

1. In a medium bowl, whisk together all sauce ingredients (basil through salt) until well combined. (This can be made ahead and refrigerated up to two days.)
2. In a large wok or sauté pan, heat 1 teaspoon olive oil over medium-high heat. Add tofu and soy sauce or tamari and stir-fry about 2 minutes. Flip tofu and stir-fry another 2 minutes, until tofu starts to brown. Flip tofu again, cook a few more minutes, and then remove from pan and set aside.
3. In the same wok or pan, add remaining 1 teaspoon of olive oil, broccoli, and red bell pepper. Stir-fry about 3 minutes. Add tofu and stir in Basil-Coconut Sauce. Reduce heat to medium and cook about 3 more minutes. Serve over hot rice or noodles, garnished with slivered almonds.

PER SERVING: 368 cal, 47% fat cal, 20g fat, 9g sat fat, 0mg chol, 17g protein, 34g carb, 4g fiber, 261mg sodium

Roasted Red Pepper and Pomegranate Sauce over Pan-Seared Tofu

Serves 6 / To make a thicker dipping sauce for toasted pita bread or chips, eliminate the vegetable stock. Use bottled roasted peppers for convenience. Look for pomegranate molasses at Middle Eastern markets, or use pomegranate concentrate, available at health food stores.

ROASTED RED PEPPER AND POMEGRANATE SAUCE

- 3 tablespoons sunflower oil
 - 1 small onion, finely chopped (about 1 cup)
 - 1 teaspoon minced garlic
 - 1 tablespoon ground cumin
 - $\frac{1}{8}$ teaspoon cayenne pepper
 - $\frac{1}{2}$ – $\frac{3}{4}$ cup low-sodium vegetable broth
 - 1 teaspoon ground coriander
 - 2 tablespoons pomegranate molasses
 - 1 cup coarsely chopped roasted red peppers
 - 2 tablespoons chopped fresh parsley
 - 2 tablespoons fresh lemon juice
 - $\frac{1}{4}$ cup slivered almonds, toasted
 - Salt and freshly ground black pepper
- 1 19-ounce package extra-firm (not silken) tofu, drained
 - 1 $\frac{1}{2}$ tablespoons canola oil
 - Minced parsley, for garnish
1. To make the sauce: Heat oil over medium-high heat in a large saucepan. Add onion and cook until translucent, about 4 minutes. Add garlic, cumin, and cayenne; cook, stirring frequently, for 1 minute. Add next 7 ingredients (broth through almonds) and cook for another 2 minutes. Transfer to a food processor and process until very smooth, 1–2 minutes. Season to taste with salt and pepper. Thin with a little more broth if necessary.
 2. Wrap tofu in paper towels and press gently to absorb water. Slice tofu in half lengthwise, then cut crosswise into $\frac{1}{2}$ -inch-thick slices. Heat canola oil over medium-high heat in a large sauté pan. Add tofu and brown well on both sides. Transfer to a platter. Drizzle with sauce and garnish with minced parsley.

PER SERVING: 247 cal, 65% fat cal, 18g fat, 2g sat fat, 0mg chol, 11g protein, 11g carb, 2g fiber, 45mg sodium

Grilled Ratatouille with Tofu

Serves 6 / This well-rounded, end-of-summer lunch or dinner is rich in protein and heart-healthy phytonutrients. Zucchini and eggplant add fiber, potassium, and great flavor, while onions add quercetin and the bell pepper contributes vitamin C.

DRESSING

- 2 tablespoons olive oil
 - $\frac{1}{4}$ cup rice vinegar
 - 2 tablespoons water
 - $\frac{1}{2}$ teaspoon sea salt
 - 1 clove garlic, minced
 - 1 tablespoon chopped fresh basil
- 1 small eggplant (about $\frac{3}{4}$ pound)
 - $\frac{3}{4}$ teaspoon sea salt
 - 1 pound extra-firm tofu, cut into 1-inch cubes
 - $\frac{1}{2}$ pound zucchini (2 small)
 - 1 medium green bell pepper
 - 1 small onion
 - Olive oil or olive oil spray, for grill
 - 1 cup marinara sauce

1. Prepare dressing by blending or shaking olive oil, vinegar, water, sea salt, garlic, and basil together. Set aside.
2. Cut eggplant into 1-inch chunks. Place eggplant in colander over bowl or sink. Sprinkle with sea salt. Let drain 30 minutes. Rinse and pat dry.
3. Cut tofu, zucchini, bell pepper, and onion into 1-inch chunks. Thread tofu, eggplant, zucchini, bell pepper, and onion alternately onto six 10-inch skewers, leaving space between pieces. Brush with dressing. (If you use wooden skewers, soak them in water before threading.)
4. Brush or spray olive oil onto grill rack. Heat coals or gas grill for direct heat. Place kabobs on grill 4–6 inches from medium heat, cover, and cook 15–20 minutes, turning and brushing with dressing, until vegetables are crisp-tender.
5. Heat marinara sauce in microwave or a small pan while kabobs grill, stirring occasionally. Serve grilled kabobs with warm sauce.

PER SERVING: 195 cal, 48% fat cal, 11g fat, 2g sat fat, 0mg chol, 11g protein, 15g carb, 4g fiber, 543mg sodium

Stir-Fried Udon with Flavored Tofu

Serves 6 / *Stir-fried udon is one of the most enjoyed dishes in Japanese cuisine.*

- 1/2 pound low-sodium udon noodles, fresh or dry
 - 2 tablespoons canola oil
 - 2 teaspoons minced fresh ginger
 - 2 cloves garlic, minced
 - 1 cup fresh shiitake mushrooms, cut into 1-inch-wide strips
 - 8 ounces flavored baked tofu, julienned
 - 1/2 cup julienned carrots
 - 1/2 cup snow peas, fresh or frozen
 - 1 1/2 tablespoons low-sodium soy sauce
 - 1/2 tablespoon rice vinegar
 - 6 green onions, cut diagonally into 2-inch-long slices
 - 1 teaspoon sesame oil
1. Cook noodles according to package directions. Drain and rinse with cold water to prevent sticking. Set aside.
 2. Heat a nonstick wok or large, deep skillet over medium heat. Add oil and swirl to coat. Add ginger and garlic. Stir-fry until fragrant, about 30 seconds. Add mushrooms and tofu and stir-fry for 2 minutes.
 3. Add carrots and snow peas. Stir-fry for 1 minute or until carrots soften. Mix in noodles, soy sauce, rice vinegar, and green onions. Stir occasionally until noodles are heated through, about 2 minutes. Season with salt and pepper.
 4. Stir in sesame oil. Toss to combine. Serve warm.
- PER SERVING:** 262 cal, 33% fat cal, 10g fat, 1g sat fat, 0mg chol, 10g protein, 35g carb, 3g fiber, 247mg sodium

Stir-Fried Tofu with Snap Peas and Cashews

Serves 6 / *This is an incredibly easy, fast dish. Depending on the produce available, you can trade the snap peas for snow peas, broccoli, green beans, or even spinach.*

- 1/4 cup low-sodium soy sauce
 - 3 tablespoons honey
 - 1 14-ounce package extra-firm tofu, well drained and cut into 1/2-inch cubes
 - 2 tablespoons toasted sesame oil
 - 1 teaspoon peanut oil
 - 1 large shallot, chopped
 - 1 pound sugar snap peas, trimmed
 - 1 cup unsalted cashews, toasted
 - 4 cups cooked jasmine rice
1. Combine soy sauce and honey in a baking dish and stir well. Add tofu cubes and toss to coat.
 2. In a wok or large, deep frying pan, warm sesame oil over high heat. Remove tofu from marinade and add to pan. Cook over high heat until tofu is golden brown on all sides, 4–5 minutes. Remove tofu from pan and set aside.
 3. Add peanut oil to pan and sauté shallot over medium-high heat until lightly browned. Turn heat to high and add tofu, snap peas, and cashews. Cook for 1–2 minutes, until peas are bright green. Serve over hot jasmine rice.
- PER SERVING:** 446 cal, 39% fat cal, 20g fat, 3g sat fat, 0mg chol, 16g protein, 56g carb, 3g fiber, 375mg sodium

Desserts

Chocolate Nut-Butter Candy Cups

Serves 8 / Remember those popular peanut butter and chocolate candies of youth? Try this protein-packed, junk-free version of a greatly missed treat. The chocolate peanut-butter tofu cream doubles as a wonderful cake filling and frosting. If you're not a fan of peanut butter, try using hazelnut butter or almond butter.

- 1 12-ounce package firm tofu
- 3 tablespoons peanut butter
- ¼ teaspoon sea salt
- ¼ cup pure maple syrup
- 3 tablespoons maple sugar or natural cane sugar
- 3 tablespoons Dutch cocoa powder
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 2 tablespoons filtered water
- 1 cup dairy- and sugar-free bittersweet chocolate chips
- 1 teaspoon canola oil
- Miniature foil baking cups as molds

1. Place tofu in a pot, cover with filtered water, bring to a boil, and simmer for 5 minutes. Remove tofu from water, pat dry, and cut into 4 pieces. Wrap and refrigerate three pieces for another use. Wrap the fourth piece in a kitchen towel and place a heavy pot or cutting board over it for about 15 minutes to press out moisture.
2. Place tofu in blender; add peanut butter, salt, and maple syrup. Blend for 2 minutes. Scrape sides of container and add sugar, cocoa powder, and extracts. Blend again for 3 minutes, stopping to scrape sides. Add about 2 tablespoons water if necessary for a texture similar to heavy pancake batter. Transfer to a container, cover, and refrigerate for 1 hour.
3. Place chocolate chips and oil in a small bowl and place over a pot of simmering water. Stir until melted.
4. Use a small pastry brush to paint melted chocolate over entire interior surface of baking cups. Freeze cups until chocolate dries. Recoat with chocolate and freeze again.

When set, slowly peel foil from chocolate cups. If chocolate softens, refreeze. Store molds in freezer until needed.

5. Slowly spoon tofu cream filling into chocolate cups so that cups are ¾ full. Keep refrigerated until ready to serve. These candies may be stored and served directly from the freezer.

PER SERVING: 281 cal, 48% fat cal, 16g fat, 8g sat fat, 7mg chol, 8g protein, 32g carb, 3g fiber, 76mg sodium

Luscious Lemony Tofu Cream Frosting

Makes 1 pint / A fabulous filling or frosting for your favorite lemon cake. The secret to making this sensational tofu cream is first blanching the tofu then thoroughly creaming it in a food processor. If nut allergies are a problem, replace the cashew butter with two tablespoons of canola oil.

- 1 pound firm silken tofu
- 3 tablespoons smooth cashew butter
- ¼ cup maple syrup
- ¼ cup maple sugar powder or dried cane juice
- ½ teaspoon sea salt
- ¼ cup fresh lemon juice (reserve 1 tablespoon)
- 1 tablespoon finely grated lemon zest (peel)
- Pinch of turmeric
- 2 teaspoons vanilla extract
- 2 teaspoons lemon extract

1. Steam tofu in a steamer basket over boiling water, 15 minutes. Remove tofu from steamer and wrap in a clean kitchen towel. Set a weighted object such as a skillet or glass baking dish on top of wrapped tofu and let sit 15 minutes to press out excess water.
2. Crumble prepared tofu into a food processor and blend thoroughly, about 5 minutes. Scrape down sides of processor bowl. Add cashew butter, maple syrup, maple sugar, salt, and lemon juice (minus 1 tablespoon) and continue processing until tofu is smooth and creamy. Dissolve turmeric in remaining 1 tablespoon lemon juice; add to processor with lemon zest and extracts. Blend 10 seconds more. Refrigerate tightly covered for at least 1 hour before using.

PER SERVING (2 tablespoons): 64 cal, 31% fat cal, 2g fat, 0g sat fat, 0mg chol, 3g protein, 8g carb, 0g fiber, 100mg sodium

Yellow Cake with Chocolate Tofu Ganache

Serves 12 / The addition of soft tofu makes this cake moist and delicious. In this recipe, the cakes are filled with strawberry jam and encased in smooth chocolate ganache, but you can use any filling or frosting you want.

- 2¼ cups sifted cake flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1¼ cups sugar
- ½ cup soy margarine
- 8 ounces soft tofu, drained
- 1½ cups soymilk
- 2 teaspoons vanilla extract
- ½ cup strawberry jam

CHOCOLATE GANACHE

- 2 cups semisweet, nondairy chocolate chips
- 1 cup whole soymilk

1. Make cake: Preheat oven to 350°. Grease and flour two 8-inch cake pans. In a large bowl, combine cake flour, baking powder, and salt and set aside. In a medium bowl, beat sugar and margarine together with an electric mixer until creamy.
2. In a food processor or blender, mix tofu, soymilk, and vanilla until smooth. Combine tofu mixture with sugar and margarine and mix completely. Gradually add wet mixture to dry ingredients, stirring until combined. Pour batter into greased pans and bake for 30 minutes, or until a wooden pick inserted into the center comes out clean.
3. Cool until cakes reach room temperature and remove from pans. Spread strawberry jam evenly on one layer and top with the other.
4. Make Chocolate Ganache: In a double boiler set over simmering water, gradually combine chocolate chips with soymilk, stirring constantly until the mixture is smooth. Remove from heat and slowly and evenly pour over cake until it is covered. Let cool.

PER SERVING: 522 cal, 36% fat cal, 21g fat, 8g sat fat, 0mg chol, 7g protein, 77g carb, 2g fiber, 276mg sodium

Cocoa Nib Mousse

Serves 8 / This velvety, dairy-free mousse is healthy enough to eat every day. One dish will feed two people after dinner—or one very hungry person. On cool spring evenings, it's delightful served warm. When fresh raspberries are out of season, use frozen, gently thawed berries.

- 1½ cups plain soy milk
- ½ cup cocoa nibs
- ⅓ cup honey
- 3 tablespoons cornstarch
- Pinch of salt
- 1½ cups silken tofu, puréed until very smooth
- ½ cup dairy-free whipped topping (optional)
- 1 pint fresh raspberries
- Cocoa nibs, for garnish

1. Combine soy milk and cocoa nibs in a small saucepan; bring to a gentle simmer over medium-high heat and cook for 1 minute. Remove from heat, cover, and let stand for 25 minutes. Strain into a bowl, pressing nibs with the back of a spoon to extract liquid. Discard nibs and set liquid aside.
2. In a heavy saucepan, combine honey, cornstarch, and salt, mixing to form a smooth paste. Slowly stir in cocoa nib infusion, mixing until smooth. Cook over medium heat, stirring constantly, until mixture begins to thicken, 3–4 minutes. Reduce heat and stir in puréed tofu. Cook for 2 minutes longer over medium-low heat, until thick and creamy.
3. Transfer to four ½-cup ramekins. Refrigerate for several hours. Just before serving, top each mousse with a dollop of whipped topping, if desired, and garnish with berries and cocoa nibs.

PER SERVING: 184 cal, 35% fat cal, 7g fat, 3g sat fat, 0mg chol, 6g protein, 25g carb, 4g fiber, 9mg sodium

Maple Cheesecake with Pecan Pralines

Serves 16–20 / It was love at first bite when Native Americans introduced European explorers to the sweet sap of the maple tree. Look for maple sugar in the bulk or baking section of your natural market.

CRUST

- 2 cups crushed gingersnaps
(about forty 1½-inch cookies)
- 4 tablespoons canola oil

FILLING

- 4 eggs, separated
- 1 cup maple sugar
- 1 pound low-fat cream cheese (Neufchatel)
- 1 pound firm silken tofu
- 16 ounces low-fat sour cream
- 1 4-ounce package low-fat vanilla
tofu pudding mix
- 2 tablespoons natural maple extract
- Boiling water

PECAN PRALINES

- 2 tablespoons butter
- 1 teaspoon maple extract
- 1 cup pecan halves
- 2 tablespoons brown sugar

1. Preheat oven to 350°. Line the outside of a 10-inch springform pan with foil; make certain foil covers the entire bottom and extends 2 inches up the sides. (This creates a water-tight seal for the pan when cooking in the water bath, below.)
2. In a food processor, crush gingersnaps into a fine powder. Stir in oil. Press onto pan bottom and ½ inch up sides. Bake for 10 minutes on a baking sheet. Cool.
3. Whip egg whites until glossy and holding stiff peaks; set aside. In a food processor, cream egg yolks and sugar until creamy and light. Add cream cheese, tofu, sour cream, pudding mix, and maple extract. Purée until completely smooth. Transfer to a large bowl and fold in egg whites. Pour over crust; shake gently to settle.
4. Place a large baking pan in the oven and set cheesecake, with foil bottom, in the center. Pour boiling water into the baking pan, reaching 1 inch up the side of the cheesecake pan, creating a water bath. Reduce heat to 325° and bake for 70–90 minutes, until cake is set. Remove cheesecake from oven and water bath. Cool at room temperature; refrigerate overnight.
5. To make pecan pralines, melt butter in a small saucepan over medium heat. Add extract and stir in pecans. Toast, stirring, for 3 minutes until fragrant. Pour into a bowl and toss with brown sugar. Chill. Garnish cheesecake with pecans just before serving.

PER SERVING (with 2 teaspoons pralines): 363 cal, 50% fat cal, 21g fat, 6g sat fat, 73mg chol, 10g protein, 36g carb, 1g fiber, 315mg sodium

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Special tofu recipes from our sponsor



With its mild flavor and creamy-smooth texture, silken tofu is perfect for making everything from nondairy smoothies, dips, and soups to main dishes and desserts. Low fat, cholesterol free, and gluten free, silken tofu is a great substitute for dairy, eggs, and meat. Use Mori-Nu Silken Tofu in the convenient shelf-stable package to make delicious, light, and healthy versions of your favorite recipes. We've collected some of the best Mori-Nu silken tofu recipes here in a downloadable, FREE cookbook to get your creative juices flowing!

Contents

- 18** Strawberry Banana Smoothie
- 18** Creamy Miso Dip
- 18** Low Fat Spinach Dip
- 19** Eggless Salad
- 19** Australian Pumpkin Soup
- 20** Mixed Medley Stir-Fry
- 20** Fresh Spinach Lasagna
- 21** Key Lime Pie
- 21** Easy Chocolate Dessert
- 22** Non-Dairy Low-Fat Pumpkin Pie



Strawberry Banana Smoothie

Serves 24 / If you prefer, use Mori-Nu Silken Lite Firm tofu; add a little juice for a thinner consistency.

- 1 package Mori-Nu Silken Soft Tofu
- 1 small ripe banana
- 1 10-ounce package frozen sweetened strawberries, partially thawed including liquid

1. In a blender or food processor, combine all ingredients. Whip until smooth. Serve chilled.

PER SERVING: 161 cal, 3g fat, 0mg chol, 5g protein, 30g carb, 3g fiber, 9mg sodium

Creamy Miso Dip

Serves 24 / Serve with raw vegetable crudites, including carrots, celery, cucumber spears, cauliflower, and broccoli.

- 1 package Mori-Nu Silken Lite Firm Tofu
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons red miso
- 2 teaspoons sesame oil
- 1 teaspoon crushed fresh ginger

1. Place tofu in food processor and blend until completely smooth, stopping once to scrape down sides of bowl.
2. Add remaining ingredients. Process until completely blended. Chill at least 1 hour before serving.

PER SERVING (1 tablespoon): 13 cal, 0g fat, 0mg chol, 1g protein, 1g carb, 65mg sodium

Low-Fat Spinach Dip

Serves 6 / Keeps up to two days in the refrigerator in an airtight container. Serve with fresh vegetables or crackers.

- 1 package Mori-Nu Silken Lite Firm Tofu
- ½ cup Nayonaise Original Spread or light sour cream
- 2 tablespoons powdered vegetable broth
- 1 10-ounce package frozen spinach, defrosted and squeezed dry
- 2-3 medium green onions, chopped
- ½ 4-ounce can water chestnuts, coarsely chopped
- 2 teaspoons fresh lemon juice
- Freshly ground black pepper, to taste

1. Place tofu, Nayonaise or sour cream, and powdered vegetable broth in food processor. Process until smooth. Add spinach, green onions, water chestnuts, and lemon juice. Process just until all ingredients are blended. Dip should be thick and have lots of texture. Season to taste with pepper.

PER SERVING: 63 cal, 1g fat, 1mg chol, 7g protein, 6g carb, 142mg sodium



Eggless Salad

Serves 3 / You can also use Mori-Nu Silken Firm or Extra Firm Tofu.

- 1 package Mori-Nu Organic Silken Tofu
 - 3 tablespoons Nayonaise Original Spread or other light soy mayonnaise
 - $\frac{1}{4}$ teaspoon ground turmeric
 - $\frac{1}{8}$ teaspoon dry mustard
 - 2 tablespoons sweet pickle relish
 - 1 teaspoon minced capers
 - 2 tablespoons minced scallions
 - 2 tablespoons minced celery
 - $\frac{1}{2}$ teaspoon minced fresh dill
 - Salt and freshly ground black pepper, to taste
1. Drain tofu and pat dry with paper towels. Mash or crumble tofu into medium bowl.
 2. In another small bowl, mix Nayonaise, turmeric, mustard, and salt; add tofu. Mix in remaining ingredients. Refrigerate 30 minutes to allow flavors to meld.
- PER SERVING:** 137 cal, 7g fat, 0mg chol, 9 g protein, 8 g carb, 0g fiber, 275 mg sodium, 91 mg calcium



Australian Pumpkin Soup

Serves 6 / Pumpkin or squash soup is served everywhere in Australia. In this version, the tofu puree replaces the heavy cream that is traditionally used.

- 8 cups (2 quarts) water or vegetable stock
 - 6 cups peeled and cubed butternut squash or Japanese pumpkin
 - 1 large medium-white onion, sliced in moons
 - 1 leek, sliced thin
 - 1 tablespoon minced fresh ginger
 - 2 cloves garlic, chopped
 - 1 tablespoon curry powder
 - 1 tablespoon fresh thyme leaves
 - 2 bay leaves
 - 1 package Mori-Nu Silken Lite Firm Tofu, cubed
 - $\frac{1}{4}$ cup white or yellow miso
 - Chopped fresh chives or parsley
1. Bring all ingredients except tofu and miso to a boil in a large pot. Once boiling, cook over medium heat for 30 minutes. Let cool.
 2. Add tofu and miso. Puree well in a blender. Pass through wire mesh strainer to remove any fiber. Garnish with chopped chives or parsley.
- PER SERVING:** 105 cal, 1g fat, 5g protein, 23g carb, 188 mg sodium
- From *The Art of Tofu* by Akasha Richmond (Morinaga Publications, 1997)



Mixed Medley Stir-Fry

Serves 6 / Serve hot over cooked rice.

- 3 tablespoons sesame oil
 - 1 large clove garlic, minced
 - 2 tablespoons grated fresh ginger
 - 1 package Mori-Nu Silken Extra Firm Tofu, drained and cut into ½ inch cubes
 - ¼ pound broccoli florets
 - ¼ pound snow peas, stems trimmed
 - ½ cup slivered red bell pepper
 - ½ cup slivered yellow bell pepper
 - ½ cup thinly sliced leek
 - ¼ cup roasted peanuts
 - 1 cup sliced mushrooms
 - 1 8-ounce can pineapple chunks, drained (reserve liquid)
 - ½ cup Mandarin orange segments
 - ¼ cup light soy sauce
 - 2 tablespoons tomato sauce
 - 1 tablespoon cornstarch
1. In sesame oil, saute garlic, ginger, and tofu until lightly browned. Remove tofu and set aside. Add next 9 ingredients in order given. Stir-fry until vegetables are just crisp-tender. Separately, combine reserved pineapple liquid, soy sauce, tomato sauce and cornstarch until smooth. Stir into wok, thoroughly coating ingredients. Add tofu cubes, warm, and serve.

PER SERVING: 186 cal, 11g fat, 0mg chol, 8g protein, 16g carb, 407mg sodium

Fresh Spinach Lasagna

Serves 8 / A hearty vegan favorite.

- 3 bunches fresh spinach, washed
- ½ teaspoon salt
- 3 tablespoons olive oil, divided
- 1 pound lasagna pasta
- ½ cup chopped green onion
- 3 packages Mori-Nu Silken Firm Tofu, drained and crumbled
- 2 tablespoons chopped fresh parsley
- 2 teaspoons miso
- ⅛ teaspoon nutmeg
- ⅛ teaspoon black pepper
- ¼ cup grated soy-Parmesan cheese
- ¼ cup grated soy-Monterey Jack cheese (optional)

SAUCE

- About 26 ounces (1½ to 2 cups) marinara sauce (homemade or bottled)
- 2 cups sliced mushrooms, sauteed in
- 2 tablespoons olive oil

1. Boil 4 quarts water in a large pot. Blanch spinach for 1 minute; drain. Stir salt and 1 tablespoon olive oil into water. Add pasta; boil for 10–12 minutes. Drain and rinse pasta in cold water, then lay pasta flat on cutting board. Saute onions in remaining 2 tablespoons olive oil for 1 minute. Chop spinach and add to onions. Combine with remaining ingredients (except cheeses and sauce). Set aside.
2. Preheat oven to 350°. Lightly oil a small rectangular baking dish and spread ⅓ of prepared sauce over bottom. Lay strips of pasta so they cover the bottom and hang over sides of baking dish. Spread with half of the spinach filling; add another layer of pasta. Continue to add pasta, sauce, soy-Parmesan, and filling, ending with pasta and covering with sauce. Sprinkle soy-Jack on top if desired. Cover with foil and bake 20 minutes. Remove foil and bake another 15 minutes. Let lasagna rest 15 minutes, then cut and serve.

PER SERVING: 308 cal, 15g fat, 1.5mg chol, 16g protein, 28g carb, 2g fiber, 610mg sodium



Key Lime Pie

Serves 8 / Mori-Nu Silken Firm or Extra Firm Tofu can also be used.

- 1 package Mori-Nu Silken Lite Firm Tofu
- ½ cup key lime juice or regular lime juice
- 8 ounces tofu cream cheese
- 2 teaspoons freshly grated lime zest
- 2 packages Mori-Nu Mates Vanilla Pudding Mix
- 1 tablespoon honey
- 1 graham cracker pie shell

1. Drain excess water from tofu.
2. Blend tofu with lime juice in a food processor until completely creamy and smooth. Add cream cheese, zest, pudding mix, and honey; blend until smooth.
3. Pour mixture into pie shell and chill for at least 2–3 hours.

PER SERVING: 369 cal, 15g fat, 0mg chol, 7g protein, 73g carb



Easy Chocolate Dessert

Serves 8 / Mori-Nu Silken Extra Firm Tofu may be substituted.

- 12 ounce semi-sweet dark chocolate chips
- 2 tablespoons water
- 2 packages Mori-Nu Silken Lite Firm Tofu
- 1 teaspoon vanilla extract
- 1 graham cracker pie shell
- 1 large banana, sliced
- Sliced almonds, toasted

1. Melt chocolate chips in microwave oven with 2 table-
spoons water. Thoroughly blend tofu in a blender or food
processor. Add melted chocolate and vanilla to tofu and
blend at high speed for 2 minutes.
2. In pie shell (or pudding cups), layer sliced banana and
chocolate mixture. Refrigerate 1–2 hours. Garnish with
remaining banana slices and almonds.

PER SERVING: 218 cal, 12g fat, 0mg chol, 6g protein, 25g carb,
57mg sodium



Non-Dairy Low-Fat Pumpkin Pie

*Serves 8 / For firmer texture, use Mori-Nu Silken Extra Firm Tofu.
If you like, you can substitute 1 tablespoon pumpkin pie spice for the other spices.*

- 1½ packages Mori-Nu Silken Lite Firm Tofu
- 2 cups canned or cooked pumpkin
- ⅔ cup honey
- 1 teaspoon vanilla extract
- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 unbaked 9-inch pie crust

1. Preheat oven to 350°. Drain tofu and blend in a food processor or blender until smooth. Add pumpkin, honey, vanilla, and spices; blend well. Pour into unbaked pie crust. Bake for about 1 hour. Filling will be soft but will firm as it cools. Chill before serving.

PER SERVING: 122 cal, 1g fat, 0mg chol, 4g protein, 26g carb, 2g fiber, 49mg sodium

Tofu, beyond stir-fry.



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STRAWBERRY BANANA SHAKE

Serves 3

- | | |
|---|--|
| 1 package Mori-Nu Silken Soft Tofu* | In a blender or food processor, combine all ingredients. Whip until smooth. Serve chilled. |
| 1 small ripe banana | |
| 1 10 oz. package frozen sweetened strawberries, partially thawed including liquid | |

*Mori-Nu Silken Lite Firm Tofu may be substituted. Add 1/4 cup juice for thinner consistency.

Nutritional Facts (per serving)
161 calories, 5g protein, 9mg sodium,
30g carbohydrates, 2.5g fiber, 3g fat,
200mg potassium, 0mg cholesterol

