



Playing Chicken with Tofu

BY KATE SHERWOOD

Don't know what to do with tofu? Treat it like chicken breast—a neutral canvas waiting to be painted with your favourite flavours. You can sauté, bake, or roast it with any sauce or marinade you like. Here are a few recipes to get you started. Water-packed, refrigerated tofu works best. 🌱

Tofu with Roasted Veggies



You can use any type of mushroom or a combination of your favourites.

- 350 g firm tofu, drained**
- ¼ cup balsamic vinegar**
- 3 cloves garlic, minced**
- 1 Tbs. reduced-sodium soy sauce**
- 3 Tbs. extra-virgin olive oil, divided**
- 250 g cremini mushrooms**
- 1 bunch green onions, chopped**
- 1 cup bulgur**
- 1¼ cups boiling water**
- 2 bell peppers, quartered**
- 10 sprigs flat-leaf parsley, minced**
- 1 Tbs. fresh lemon juice**
- ¼ tsp. kosher salt**

Cut the tofu block across its width into 6 slices, then cut each slice in half to make 12 rectangles. Blot with paper towels.

Pre-heat the oven to 425° F. In a large baking dish, mix the vinegar, garlic, soy sauce, and 2 Tbs. of the olive oil. Add the tofu and mushrooms and stir to coat. Allow to stand at room temperature for 15 minutes. Add the green onions and roast on the middle shelf until most of the marinade has been absorbed, about 15 minutes.

While the tofu is roasting, combine the bulgur and boiling water in a large heat-proof bowl. Cover and let stand until the water is absorbed, about 15 minutes. Meanwhile, roast the peppers on a rimmed baking sheet on the top shelf of the oven until softened and lightly charred, about 10 minutes.

When the bulgur is done, fluff it with a fork. In a bowl, whisk the parsley, lemon juice, remaining 1 Tbs. of olive oil, and up to ¼ tsp. of salt. Stir into the bulgur.

Serve the roasted tofu and vegetables with the dressed bulgur. Serves 4.

PER SERVING (3 pieces of tofu with 1½ cups roasted vegetables & bulgur)

Calories: 360	Sodium: 300 mg
Total Fat: 16 g	Cholesterol: 0 mg
Sat Fat: 1.5 g	Carbohydrates: 42 g
Protein: 16 g	Fibre: 10 g

Southwestern BBQ Tofu & Black Bean Salsa



Southwestern BBQ Tofu & Black Bean Salsa



The spicy, smoky sauce also goes great with chicken or shrimp.

- 350 g extra-firm tofu, drained**
- ½ cup orange juice**
- 1 chipotle in adobo sauce, minced**
- 3 cloves garlic, minced**
- ⅓ cup ketchup**
- 1 Tbs. brown sugar**
- 1 avocado, chopped**
- 1 can no-salt-added black beans, drained and rinsed**
- ¼ red onion, diced**
- 1 Tbs. lime juice**
- ¼ tsp. kosher salt**
- 4 cups mixed salad greens**
- 60 g unsalted tortilla chips**

Cut the tofu block across its width into 6 slices, then cut each slice diagonally to make 12 triangles. Blot with paper towels.

In a large bowl, make the sauce: mix the juice, chipotle, garlic, ketchup, and sugar. Add the tofu and coat each piece with the sauce. In a large non-stick skillet, simmer the tofu and sauce until the sauce thickens and becomes sticky, about 5 minutes.

In a medium bowl, combine the avocado, beans, onion, and lime juice and season with up to ¼ tsp. of salt. Serve over the greens with the tofu and chips. Serves 4.

PER SERVING (3 pieces of tofu with ½ cup salsa & 1 cup salad greens)

Calories: 400	Sodium: 400 mg
Total Fat: 16 g	Cholesterol: 0 mg
Sat Fat: 2 g	Carbohydrates: 46 g
Protein: 19 g	Fibre: 12 g

Got a question or suggestion?

Write to Kate at healthycook@cspinet.org

Crisp Tofu Squares

They make great salad or soup croutons. Or try adding them to a vegetable stir fry.

Cut a drained 350-gram package of **firm tofu** into ¾-inch cubes. Blot with paper towels. In a large skillet, heat 2 Tbs. of **safflower or canola oil** until shimmering. Gently toss the tofu with ¼ cup of **cornstarch** in a bowl. Add the cubes to the oil and fry, turning once, until crisp, about 8 minutes total. Using a slotted spoon, transfer the cubes to paper towels. Season with up to ¼ tsp. of **kosher salt**.