

Tofu Tips:

1. Use a glass food storage container with a clamp top lid as an easy tofu press. Just make sure that your container is slightly smaller than your block of tofu. You can press your tofu this way for 15 minutes, or overnight in the refrigerator.
2. Look for silken tofu in aseptic boxes in the supermarket. Sometimes they can be found in the produce section and other times in the health food or Asian food aisle.
3. An easy way to prep your tofu is to rinse your block with cool water and wrap with a few paper towels to absorb extra moisture. You can press it further from here, or dice and use in your recipe.
4. Silken tofu is great in salad dressings, sauces, and desserts, where you want to creamy texture.
5. Firm and extra firm tofu are both great for quick meals. Cut into cubes, toss with your favorite seasonings and sauté in a hot skillet with a little oil. Eat as is store in the refrigerator and add to salads, wraps, or to quick dishes where you would normally add cooked and cubed chicken.