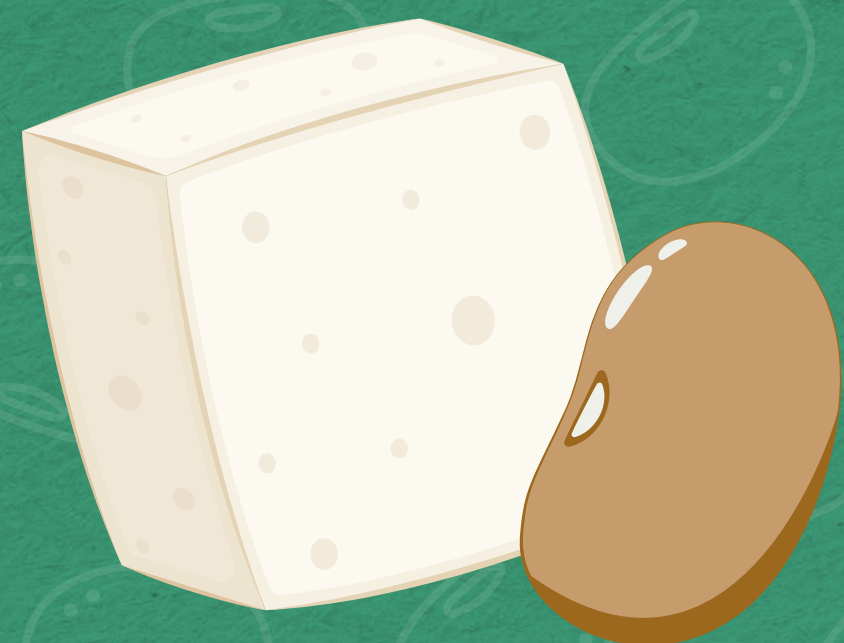
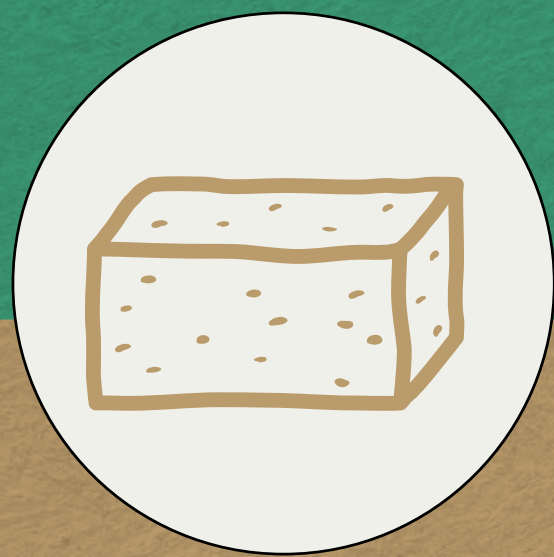




**TOFU IS SOY**  
**UN-BEAN-LIEVABLE**





# BREAKFAST TOFU SCRAMBLE

## INGREDIENTS

- 1 package (16 oz) firm or extra firm tofu, drained
- 1 red bell pepper, chopped
- ½ red onion, chopped
- 1 tomato, chopped
- 1 Tbsp minced garlic
- 1 cup spinach
- 2 Tbsp oil
- 1 tsp turmeric
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder

## DIRECTIONS

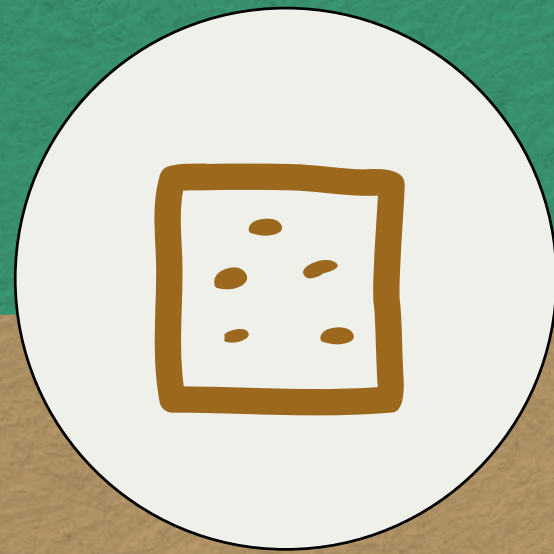
1. Drain water from tofu package. Wrap tofu in paper towels or kitchen towels, place on plate, and put something heavy (such as cast-iron skillet or book) on top of tofu to drain excess water.
2. While tofu is draining, wash spinach, bell pepper, and tomato.
3. Chop tomato, onion, and bell pepper.
4. Add oil to a pan.
5. When pan is warm, add onion, bell pepper, tomato, garlic, and spinach. Sauté until spinach starts to wilt.
6. Unwrap tofu from paper towels and crumble with hands.
7. Add crumbled tofu to pan with veggies.
8. Add turmeric, salt, pepper, garlic powder, and onion powder. **Note:** The turmeric will give the tofu a “scrambled egg” color yellow!
9. Cook until warm, stirring occasionally.
10. Serve with whole wheat toast or English muffin.











# TOFU CHOCOLATE MOUSSE

## INGREDIENTS

- 1 package (16 oz) silken tofu, drained
- 3 Tbsp maple syrup
- $\frac{3}{4}$  cup dark chocolate chips
- Bananas, raspberries, or strawberries (optional)

## DIRECTIONS

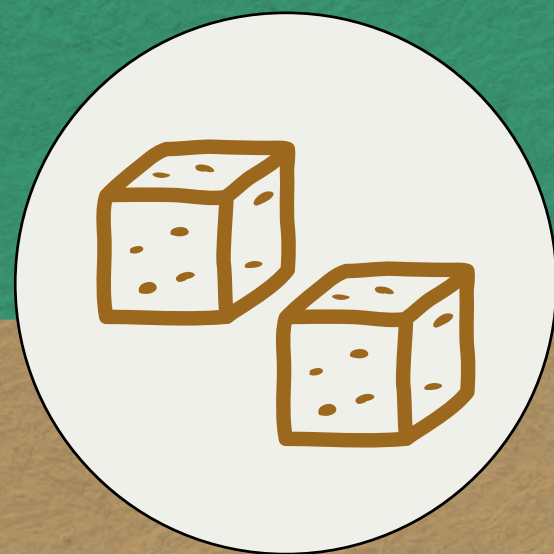
1. Melt chocolate chips in the microwave. Set aside to cool.
2. Combine tofu and maple syrup in a food processor and blend until smooth. Add melted chocolate and blend until combined.
3. Scoop mixture into 3-4 ramekins and refrigerate for 30 minutes.
4. Garnish with raspberries, strawberries or banana (optional).











# ORANGE TOFU

## INGREDIENTS

- 1 package (16 oz) extra-firm tofu, drained
- $\frac{1}{4}$  cup plus 1 Tbsp cornstarch, divided
- 4 Tbsp olive oil, divided
- $\frac{1}{2}$  tsp kosher salt, divided
- $\frac{1}{2}$  cup orange juice
- 1 tsp orange zest
- $\frac{1}{4}$  cup lower-sodium soy sauce
- 2 Tbsp rice vinegar
- 1 Tbsp brown sugar
- $\frac{1}{2}$  tsp ground ginger
- $\frac{1}{4}$  tsp crushed red pepper flakes
- 4 cups small broccoli florets
- 1 red bell pepper, thinly sliced
- 1 cup thinly sliced red onion
- 2 tsp minced garlic
- Thinly sliced green onion and toasted sesame seeds for garnish
- Brown rice for serving

## DIRECTIONS

1. Drain water from tofu package. Wrap tofu in paper towels or kitchen towel, place on plate, and put something heavy (such as cast-iron skillet or book) on top of tofu to drain excess water.
2. After tofu has drained, cut tofu into cubes using knife or crinkle cutter and place into large bowl. Add  $\frac{1}{4}$  cup cornstarch and toss to coat.
3. Heat 2 Tbsp of oil in a large nonstick skillet. Add tofu and cook until golden-brown on all sides (about 10 minutes). Season with  $\frac{1}{4}$  tsp salt, and transfer to a clean plate.
4. Prepare brown rice according to directions on box.
5. While rice is cooking, start on orange sauce by combining orange juice, zest, soy sauce, vinegar, brown sugar, remaining 1 Tbsp cornstarch, ginger, and chili flakes in a large glass bowl. Whisk until smooth. Set aside.
6. Heat remaining 2 Tbsp oil in skillet and add broccoli, red bell pepper, and red onion. Cook 5 to 6 minutes, stirring until tender. Add garlic and cook an additional minute. Sprinkle with  $\frac{1}{4}$  tsp salt and transfer to a bowl.
7. Pour orange sauce in skillet and bring to a boil. When sauce thickens, add tofu and coat in sauce. Remove skillet from heat.
8. Add a serving of rice to each of four bowls and top with veggies and tofu. Garnish each bowl with sesame seeds and green onion.









| TOFU TEXTURE                                                                                                           | BEST USE                                                                                                                                                                                                                                                            | PRO TIP                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>SUPER FIRM</b></p> <p>The densest and most protein-packed tofu. It's dry and doesn't require pressing.</p>       | <p><b>CRISPY TOFU:</b><br/>Coat with cornstarch and pan-fry or bake for the crispiest bites!</p> <p><b>GRILLED KEBABS:</b><br/>Sturdy enough to hold up on skewers.</p> <p><b>STIR-FRIES:</b><br/>Absorbs sauces while retaining shape.</p>                         | <p>Super firm tofu is perfect for recipes where you need the tofu to be the “meat” of the dish. It's often pre-pressed, so you can skip the draining process.</p> |
| <p><b>EXTRA FIRM</b></p> <p>Dense, but with a slight bit of water content, making it great for most savory dishes.</p> | <p><b>SANDWICHES &amp; WRAPS:</b><br/>Slice into slabs for protein-packed layers.</p> <p><b>NUGGETS:</b><br/>Bread and fry for a crunchy snack.</p> <p><b>STIR-FRIES:</b><br/>Holds up to tossing and stirring in the pan.</p>                                      | <p>For extra crispiness, press the tofu for about 10-15 minutes before cooking.</p> <p>A corn starch coating can also help with crispiness.</p>                   |
| <p><b>FIRM</b></p> <p>Slightly softer than extra firm but still holds its shape well.</p>                              | <p><b>SCRAMBLES:</b><br/>Crumble and sauté with veggies and spices for a breakfast treat.</p> <p><b>SOUPS, CURRIES, &amp; STEWS:</b><br/>Holds up well in brothy dishes.</p> <p><b>TACOS:</b><br/>Add some spice and seasonings for a plant-based taco filling.</p> | <p>Firm tofu can be marinated easily, making it perfect for dishes that require bold flavors.</p>                                                                 |



| TOFU TEXTURE                                                                                                                           | BEST USE                                                                                                                                                                                                                                               | PRO TIP                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <p><b>MEDIUM</b></p> <p>Softer than firm tofu but not as delicate as silken. It has a bit more water, making it jiggly.</p>            | <p><b>SOUPS &amp; STEWS:</b><br/>Adds a soft texture to brothy dishes.</p> <p><b>BRAISED DISHES:</b><br/>Soaks up sauces well but may break apart if stirred too much.</p>                                                                             | <p>Handle gently and use in dishes that don't require a lot of stirring.</p>                                                    |
| <p><b>SOFT</b></p> <p>Very soft and delicate, with a high-water content.</p>                                                           | <p><b>MISO SOUP:</b><br/>Cubes of soft tofu add a silky texture.</p> <p><b>CREAMY DRESSINGS:</b><br/>Blend with seasonings for a creamy consistency.</p> <p><b>EGG SUBSTITUTES:</b><br/>Mix with seasonings for a soft, scrambled-egg alternative.</p> | <p>Use a spoon to scoop this tofu out of the package to avoid crumbling.</p>                                                    |
| <p><b>SILKEN</b></p> <p>Creamy, custard-like, and the softest of all tofu types. It's not pressed, giving it a high-water content.</p> | <p><b>SMOOTHIES:</b><br/>Blend for a protein boost.</p> <p><b>DESSERTS &amp; PUDDINGS:</b><br/>Use as a base for vegan cheesecakes, chocolate mousse, or pudding.</p> <p><b>CREAMY SAUCES &amp; DIPS:</b><br/>Adds a velvety texture when blended.</p> | <p>Silken tofu comes in soft, medium, and firm varieties, but all are super smooth and meant to be blended or gently cooked</p> |





**OKLAHOMA**  
**State Department**  
**of Health**



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