

Time to Try Tofu?

Soybean curds are pressed into soft or extra-firm blocks. This nutrient-rich plant food is a staple in Asian dishes, taking on whatever flavors are added.

SIMPLE SAUTEE

Press out extra moisture from extra-firm tofu and add cut cubes to a veggie stir-fry.

SMOOTH AS SILK

Add soft, silken tofu to a smoothie recipe for a nutrient boost and added creaminess.

“EGG” SALAD

Crumble firm tofu and add dollops of vegan mayo, mustard, salt, and pepper to make delicious, plant-based egg salad.

