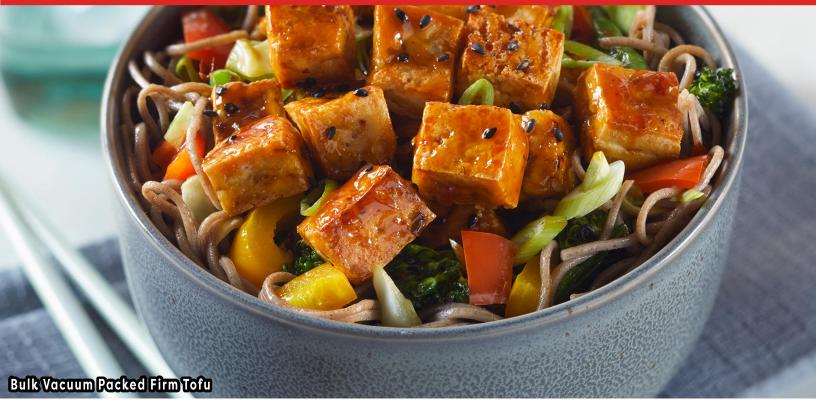


Vac Packed Firm Tofu Foodservice Collection



Ingredients: Water, Soybeans, Coagulants (Calcium Sulfate, And/Or Nigari [Magnesium Chloride], And/Or Glucono Delta-Lactone). Contains: Soy.

Cooking Guidelines: Tofu is precooked and can be served hot or cold.

Sauté or Pan Fry: Lightly oil the pan and use low heat to prevent sticking. Add seasoning or sauce if preferred.

Bake: Cut tofu into small pieces. Coat with olive oil and desired sesonings. Bake on a greased baking sheet at 400° for 25 minutes (turning once) until crisp and golden.

NOTE: Keep Refrigerated

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.



Pack: 12/14 OZ Gross weight: 12 LB Item #: K478 LxWxH: 9.875" x 8.625 x 4.875" Ti/Hi: 19x5

Nutrition Fac	ts
About 53 servings per case	
Serving size 3 oz (8	35g)
Amount per serving	
Calories 8	BO
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars Og	
Includes Og Added Sugars	0%
Protein 8g	
Vitamin D Omcg	0%
Calcium 70mg	6%
Iron 3mg	15%
Potassium 350mg	8%
*The % Daily Value (DV) tells you how much a in a serving of food contributes to a daily diet. 2 calories a day is used for general nutrition advic	2,000



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Serving Suggestions

Tofu is a good source of plant-based protein and can be enjoyed in a variety of different ways.

Add tofu to a stir-fry, crumble for a taco filling or make a tofu scramble!

Recipe



Sesame Garlic Stir-Fry with Crispy Tofu and Soba Noodles

Ingredients:

Firm Tofu, Soba Noodles, Yellow Bell Pepper, Broccolini, Green Onion, Sesame Oil, Soy Sauce, Garlic, Crushed Red Pepper, Brown Sugar, Corn Starch

Directions:

Pre-heat oven to 400° and start preparing tofu. Cut tofu into bite-sized cubes. In a bowl, add the tofu and cornstarch and gently toss to coat the tofu with the cornstarch (this will help it get extra crispy!). Add tofu to a baking sheet lined with foil and coated with non-stick cooking spray. Bake the tofu for 25-30 minutes (turning once) until crisp and golden (if you prefer it extra crispy, increase cooking time).

Prepare soba noodles and set-aside. In a large skillet over low heat, add the sesame oil and garlic and sauté for a few minutes. Add the peppers and broccolini and sauté until the vegetables become tender. Add the soy sauce, crushed red pepper and brown sugar. Stir and let simmer for 5 minutes.

Once the tofu is finished cooking, add the tofu to the skillet with the sauce and vegetables. Gently toss the tofu with the sauce and vegetables. Add the soba noodles and toss all ingredients together. Top with fresh green onions and black sesame seeds. Enjoy!