

Macaroni and Cheese with Tofu:

- 12 ounces of whole wheat pasta, any type that is short (i.e. elbow or shells)
- 12 ounces of low-fat silken tofu
- 1/2 cup milk
- 1 cup grated extra sharp cheddar cheese, packed
- 1/4 cup grated parmesan cheese
- 1/2 tsp minced garlic
- 1 tsp yellow mustard or mustard powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/4 cup fresh parsley
- 1/2 cup bread crumbs with 1/4 cup grated cheddar cheese

1. Preheat oven to 350 degrees
2. Spray a 2 quart baking dish with cooking spray.
3. Bring a large covered pot of lightly salted water to a boil. Stir in pasta, cover the pot, and return to a boil. Cook until al dente (has a bite to it, not fully cooked)
4. Meanwhile, in a food processor, combine all the cheese sauce ingredients (except parsley and bread crumbs) and pulse until smooth.
5. Drain cooked pasta. In a large bowl mix together pasta and cheese sauce. Stir in parsley and spoon pasta into baking dish. Top with bread crumb mixture.
6. Bake covered for about 30 minutes, then uncover and bake for 5 minutes more.

Tofu Avocado Dip

- 1 avocado, halved, pitted, and taken out of skin
 - 1/2 cup of tofu, soft
 - 1/2 cup of plain yogurt or sour cream
 - 2 tbsp of cilantro
 - lime juice (optional)
 - half an onion diced small (optional)
1. Whip together the yogurt, tofu, and cilantro in a bowl.
 2. Mash in the avocado, add onion, and stir in lime juice. Use the amount of lime juice that tastes good to you.
 3. Eat with crackers, vegetables, tacos or on a sandwich. Whatever tastes good!

Wake-Up Smoothie

- 1 1/4 cups orange juice, preferably calcium-fortified
 - 1 banana
 - 1 1/4 cups frozen berries, such as raspberries, blackberries, blueberries, and/or strawberries
 - 1/2 cup low-fat silken tofu
 - 1 tbsp of sugar (optional)
1. Combine orange juice, banana, berries, tofu, and sugar in a blender until creamy.
 2. Serve immediately.



Tofu Education and Demonstration

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Soy and Heart Health and Cholesterol:

- 13 million Americans have been diagnosed with coronary heart disease (CHD).
- 1/2 of men and 1/3 women are going to develop CHD after the age of 40.
- There is a high relationship between CHD and high cholesterol, a sedentary lifestyle, a high-fat diet, smoking and obesity.
- Soy foods can be an important addition to a healthy diet that reduces cholesterol and fat.

Soy and Kids:

- Soy is an excellent source of high quality protein and can help reduce fat especially saturated fat by substituting meat, cheese or eggs for tofu, soy milk, or soy yogurt.
- Public attention has been drawn to developing healthy diet and exercise habits early in life to deter childhood obesity, Type II diabetes, and coronary heart disease which begins early in life.

Soy and Cancer:

- Diet is thought to play an important role in the prevention of cancer.
- Soy protein is one of the leading foods that will help prevent cancer.
- Isoflavones are cancer preventative agents in soy beans and products.
- Soy is a good preventative food especially if consumed before onset of disease.

Types of Tofu:

- Firm tofu is used in grilling and stir-fry because it holds its shape very well. It has more protein, a little bit more fat, and more calcium than other types.
- Soft tofu can be blended and is good in pasta dishes or soups.
- Silken tofu is good in smoothies or even in baked products like cheesecake.

References:

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Definition of Soy:

Q: What is tofu and how is it made?

A: Tofu is made by soaking, crushing, and cooking soy beans into soy milk. Soy milk is curdled with a curdling agent, much like cheese is made. This causes the milk to coagulate into tofu.

Nutrients in 4 ounces of:	Tofu, firm	Tofu, soft
Calories	79	69
Protein (gm)	9.25	7.4
Carbohydrate (gm)	1.91	2.03
Fat (gm)	4.71	4.17
Saturated Fat (gm)	.975	.602
Cholesterol	0	0
Sodium (mg)	14	9
Fiber (gm)	1	0.2
Calcium (mg)	227	125
Iron (mg)	1.82	1.25