



## Bulk Organic Firm Tofu

**Ingredients:** Water, Organic 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 seasonings. Bake on a greased baking sheet at 400° for 25 minutes (turning once) until crisp and golden.

**Air-Fry:** Cut tofu into small pieces and coat with olive oil and desired seasonings. Add to air fryer and cook for 15-20 minutes until golden and crisp.

**Certified Organic by: QAI**

**NOTE: Keep Refrigerated.**

## Nutrition Facts

About 128 servings per case

**Serving size 3 oz (85g)**

Amount per serving

**Calories 80**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g **6%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 350mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

UPC: 705723820316  
 DOT #722839

Pack: 4/6LB  
 Gross weight: 24 LB  
 Item #: K514  
 LxWxH: 9.5625" x 9" x 9.125"  
 Ti/Hi: 20X2



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

## 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

### Grilled Tofu with Red Quinoa & Broccolini

#### Ingredients:

Organic Firm Tofu, Red Quinoa, Broccolini, Lemon, Olive Oil, Garlic Powder, Salt & Pepper

#### Directions:

Pre-heat oven to 400° degrees. Slice tofu into 1\2 inch thick slices and brush with olive oil. Prepare broccolini by adding a drizzle of olive oil and a sprinkle of garlic powder and salt & pepper. Add broccolini to a pan and bake in the oven for 15-20 minutes until tender.

Prepare quinoa according to package directions. Once the broccolini and quinoa is almost ready, start to prepare the tofu. In a large pan over medium heat, add 1 T of olive oil. Once the oil is hot, add the tofu slices. Cook each side for 4-5 minutes until golden brown. Sprinkle with salt & pepper once finished.

Once ready, add quinoa to a plate with the broccolini and slices of tofu. Top with fresh lemon juice, lemon zest and a sprinkle of salt & pepper. Enjoy!