TOFU - A FRESH TAKE ON PROTEIN!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

TOFU AND VEGETABLE RICE

INGREDIENTS:

- 1 PACKAGE (350G) OF MEDIUM-FIRM TOFU
- 2½ CUPS CHICKEN STOCK
- 1¼ CUPS RICE, UNCOOKED
- ½ CUP CELERY CHOPPED
- ½ CUP GREEN ONIONS CHOPPED
- ⅔ CUP FROZEN PEAS
- 2 TSP SOY SAUCE

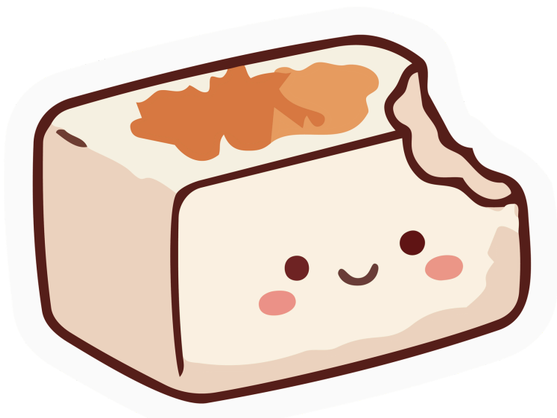
MARINADE:

- 2 TSP VEGETABLE OIL
- 1½ TSP MINCED GARLIC
- 1 TSP MINCED GINGER
- 2 TBSP SOY SAUCE
- ¼ TSP PEPPER

HERE'S HOW TO MAKE IT:

1. IN A BOWL, MIX THE MARINADE INGREDIENTS TOGETHER. CUT THE TOFU INTO CUBES AND ADD TO THE MARINADE. LET THE TOFU SIT IN MARINADE FOR AT LEAST 20 MINUTES.
2. IN A MEDIUM POT, ADD CHICKEN STOCK AND RICE. SIMMER FOR 10 MINUTES. ADD CELERY AND COOK UNTIL THE LIQUID HAS ABSORBED.
3. ADD TOFU AND MARINADE TO THE COOKED RICE. ADD GREEN ONIONS, GREEN PEAS AND REMAINING SOY SAUCE. HEAT THROUGH. GARNISH WITH CHOPPED GREEN ONIONS IF YOU WISH.

SERVES 6



CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK PLUS YOUR OWN COPY OF THE COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://LP.CONSTANTCONTACTPAGES.COM/SV/IIPGZ5Z/RECIPEOFTHEMONTH OR SCAN QR CODE

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

SCAN ME TO ENTER

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

TOFU INFINITY & BEYOND (WITH TERIYAKI SAUCE)

TOFU IS MADE FROM SOYBEANS AND IS A BUDGET-FRIENDLY MEAT ALTERNATIVE—PRETTY SOY-PER! IT SOAKS UP WHATEVER FLAVOURS YOU THROW ITS WAY, MAKING IT TOFU-TALLY VERSATILE. NO TERIYAKI? NO PROBLEM—JUST SOY ON WITH SOY SAUCE!

INGREDIENTS:

- 1 PACKAGE (454G) OF MEDIUM-FIRM TOFU
- 2 TBSP VEGETABLE OIL
- ⅓ CUP TERIYAKI COOKING SAUCE

1. CAREFULLY CUT THE BLOCK OF TOFU IN HALF LENGTHWISE. THEN CUT EACH HALF DIAGONALLY INTO 2 LARGE TRIANGLE-SHAPED PIECES.
2. TURN ON STOVE TO MEDIUM-HIGH HEAT. HEAT OIL IN A FRYING PAN. ADD TOFU AND COOK UNTIL LIGHTLY BROWN AND CRISPY, ABOUT 5 MINUTES PER SIDE.
3. POUR TERIYAKI SAUCE OVER THE COOKED TOFU.



DON'T BE SO-YA SCARED: MASTERING TOFU!

TYPES OF TOFU:

- FIRM: RESEMBLES FETA CHEESE AND IS THE MOST VERSATILE TYPE. IT IS EASY TO CHOP AND CAN BE USED IN MANY WAYS - FRIED, IN STEWS, OR AS SPREADS.
- EXTRA-FIRM: SIMILAR TO FIRM, BUT CONTAINS LESS WATER. EASY TO FRY, BUT DOES NOT ABSORB FLAVOURS AS WELL AS FIRM TOFU.
- MEDIUM(REGULAR): SOFT TEXTURE, BUT MORE COMPACT. ABSORBS FLAVOURS, BEST CHOICE FOR SOUPS AND MARINADES.
- SILKEN: DELICATE CUSTARD CONSISTENCY. BEST FOR BLENDING INTO SAUCES, DIPS AND SMOOTHIES. GREAT FOR MOUSSE OR CHEESECAKES. CAN BE USED AS AN EGG SUBSTITUTE IN BAKING.

For more health benefits and more recipes go to Cleveland Clinic website - (https://health.clevelandclinic.org/tofu-benefits)

SOY FUNNY!

- WHY IS TOFU SO GOOD AT HIDE AND SEEK?
  - BECAUSE IT ALWAYS BLENDS IN WITH THE GREENS!
- WHAT IS TOFU'S FAVOURITE SUBJECT IN SCHOOL?
  - SOY-ENCE!
- WHY DID TOFU WANT TO GO TO THE PARTY?
  - IT WANTED TO BE THE MAIN DISH!



For more jokes visit Puniso.com (https://puniso.com/tofu-jokes/)

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