



## Baked Tofu Bites

These tasty meatless bites are the perfect finger food.

**Ages:** 3–5 years    **Prep time:** 1 hour 20 minutes  
(1 hour for marinating)

**Makes:** 6 servings    **Cook time:** 15 minutes

### *the* INGREDIENTS

Nonstick cooking spray

**1 lb 4 oz** tofu, firm, rinsed, and drained, cut into  
½" cubes (see chef tips)

**2 Tbsp** hoisin sauce

**2 Tbsp** soy sauce, reduced-sodium

**1 Tbsp** water

**½ cup** flour, whole-wheat

**¼ cup** cornmeal, whole grain, medium-grind

**¼ tsp** mustard, dry, ground

**¼ tsp** garlic powder

### *the* DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Lightly spray a baking sheet with nonstick cooking spray. Set aside.
4. To make marinade: In a 1-gallon plastic bag, combine hoisin sauce, soy sauce, and water. Seal the bag tightly. Squeeze and release the bag several times to mix ingredients together.
5. Add tofu cubes to marinade. Seal the bag tightly. Lightly toss tofu by turning the bag over repeatedly on a flat surface to prevent tofu from breaking apart. Marinate in the refrigerator for 1 hour at 40 °F or lower. Turn bag over every 15 minutes.
6. In a separate 1-gallon plastic bag, combine whole-wheat flour, cornmeal, dry mustard, and garlic powder. Seal the bag tightly. Shake to mix.
7. Carefully remove tofu from marinade a few cubes at a time. Place tofu cubes in the 1-gallon plastic bag with the seasoned flour-cornmeal mixture. Carefully turn the bag over to coat the tofu with breading. Remove coated tofu cubes and place on baking sheet in a single layer. Repeat until all tofu cubes are coated. Discard any remaining marinade. (See chef tips)
8. Bake for 15 minutes or until tofu is lightly crisp. Heat to an internal temperature of 140 °F or higher for at least 15 seconds. Remove from the oven.
9. Serve ¾ cup. Serve immediately, or keep warm at 140 °F or higher.

*the*  
**NUTRITION INFORMATION**

¾ cup Baked Tofu Bites

**Nutrients** **Amount**  
**Calories** **155**


<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>318 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	147 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

*the*  
**CACFP CREDITING INFORMATION**

1½ oz eq meat alternate  
½ oz eq grains 

*the*  
**CHEF TIPS**

- Contains soy (tofu, hoisin sauce, and soy sauce) and wheat (flour and soy sauce).
- To credit as a meat alternate, tofu that is commercially made and meets the definition of tofu as stated in the Code of Federal Regulations (7 CFR 210 and 226.2) at [govinfo.gov/help/cfr](http://govinfo.gov/help/cfr) is creditable if a serving provides at least 5 g of protein per 2.2 oz portion. For more information on crediting tofu, refer to the CACFP policy memorandum SP 53-2016, CACFP 21-2016 “Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program” at [fns.usda.gov/cacfp/policy](http://fns.usda.gov/cacfp/policy).
- To drain tofu, place cubed tofu in a bowl lined with a colander. Cover and let it sit in the refrigerator overnight at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.
- Do not re-use marinade.