



## Baked Tofu Bites

These tasty meatless bites are the perfect finger food.


**AGES:** 3–5 years

**PREP TIME:** 1 hour 40 minutes (1 hour for marinating)

**COOK TIME:** 15 minutes

### CACFP CREDITING INFORMATION

1 ½ oz eq meat alternate

½ oz eq grains 

### SOURCE

Team Nutrition CACFP Easy Recipe Project

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
					<ol style="list-style-type: none"> <li>2 Preheat oven to 400 °F.</li> </ol>
Nonstick cooking spray		3 sprays		6 sprays	<ol style="list-style-type: none"> <li>3 Lightly spray a baking sheet with nonstick cooking spray. Set aside.  <b>For 25 servings,</b> use 1 full sheet pan (18" x 26" x 1") and 1 half sheet pan (18" x 13" x 1").  <b>For 50 servings,</b> use 2 full sheet pans (18" x 26" x 1").</li> </ol>
Tofu, firm, rinsed, and drained, cut into ½" cubes (see notes)	5 lb 4 oz		10 lb 8 oz		

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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Hoisin sauce		½ cup		1 cup	<p><b>4</b> To make marinade: In a 2-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.</p>
Soy sauce, reduced-sodium		½ cup		1 cup	
Water		¼ cup		½ cup	
					<p><b>5</b> 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.</p>
Flour, whole-wheat	8½ oz	2 cups	1 lb 1 oz	1 qt	<p><b>6</b> In a separate 2-gallon plastic bag, combine whole-wheat flour, cornmeal, dry mustard, and garlic powder. Seal the bag tightly. Shake to mix.</p>
Cornmeal, whole grain, medium-grind	6 oz	⅓ cup	12 oz	⅔ cup	
Mustard, dry, ground		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>7</b> Carefully remove tofu from marinade a few cubes at a time. Place tofu cubes in the 2-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 notes).</p>
					<p><b>8</b> 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.</p>
					<p><b>9</b> Serve ¾ cup (6 oz server). Serve immediately, or keep warm at 140 °F or higher.</p>




### NUTRITION INFORMATION

¾ cup Baked Tofu Bites

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>155</b>
<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

### NOTES

- **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](https://www.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](https://fns.usda.gov/cacfp/policy).
- To drain tofu, place cubed tofu in 2 full steam table pans (12" x 20" x 6") lined with full perforated steam table pans (12" x 20" x 4"). 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.

### YIELD/VOLUME

25 Servings	50 Servings
Weight: 5 lb 15 oz	Weight: 11 lb 14 oz
Yield: 1 gal 2 cups	Yield: 2 gal 1 qt