



Baked Tofu Bites

These tasty meatless bites are the perfect finger food.


AGES: 6–18 years

PREP TIME: 1 hour 50 minutes (1 hour for marinating)

COOK TIME: 15 minutes

CACFP CREDITING INFORMATION

2 oz eq meat alternate

$\frac{3}{4}$ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Nonstick cooking spray		3 sprays		6 sprays	3 Lightly spray a baking sheet with nonstick cooking spray. Set aside. For 25 servings , use 1 full sheet pan (18" x 26" x 1") and 1 half sheet pan (18" x 13" x 1"). For 50 servings , use 2 full sheet pans (18" x 26" x 1").
Tofu, firm, rinsed, and drained, cut into $\frac{1}{2}$ " cubes (see notes)	7 lb 1 oz		14 lb 2 oz		



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Hoisin sauce		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	4 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.
Soy sauce, reduced-sodium		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	
Water		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup	
					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.
Flour, whole-wheat	11 $\frac{3}{4}$ oz	2 $\frac{3}{4}$ cups	1 lb 6 oz	1 qt + 1 $\frac{1}{2}$ cups	6 In a separate 2-gallon plastic bag, combine whole-wheat flour, cornmeal, dry mustard, and garlic powder. Seal the bag tightly. Shake to mix.
Cornmeal, whole grain, medium-grind	7 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cups	15 oz	3 $\frac{1}{2}$ cups	
Mustard, dry, ground		1 $\frac{1}{2}$ tsp		1 Tbsp	
Garlic powder		1 $\frac{1}{2}$ tsp		1 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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					<p>7 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>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.</p>
					<p>9 Serve 1 cup (#4 scoop). Serve immediately, or keep warm at 140 °F or higher.</p>


NUTRITION INFORMATION

1 cup Baked Tofu Bites

NUTRIENTS	AMOUNT
Calories	208
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	443 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	3 g
Includes Added Sugars	N/A
Protein	17 g
Vitamin D	N/A
Calcium	197 mg
Iron	3 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.
- 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: 8 lb ¼ oz	Weight: 16 lb ½ oz
Yield: 1 gal 2 qt 1 cup	Yield: 3 gal 2 cups