

HEALTHY AGING® FOOD

House Tofu Grenobloise



Incorporating tofu into a balanced diet can provide countless health benefits for adults aged 50+, from menopause relief to protection against breast cancer, heart disease, and osteoporosis. Rich in antioxidants known as isoflavones, tofu has been linked to reducing the frequency and severity of hot flashes in menopausal women while increasing bone density.

Additionally, the FDA states that consuming 25 grams of soy protein a day as part of a diet low in saturated fat and

cholesterol may reduce your risk of heart disease. Replace unhealthy proteins that are high in saturated fat and cholesterol with healthy soy protein. Because soy protein has a high content of polyunsaturated fatty acid, fiber, minerals, and low saturated fat content, this replacement may reduce the risk of heart disease.

House Foods Tofu is available throughout the U.S. at Whole Foods. It is also available at most major supermarkets and Asian food stores. These dishes can be made in less than 40 minutes and can feed four people for under twenty dollars. In today's economic climate tofu isn't just good for you, it's good for your wallet as an affordable source of protein.

Recipe by Claude Chassagne, chef and food consultant

Ingredients:

Croutons:

4-5 inch length of French bread
2 Tbsp butter

Tofu Grenobloise:

1 package (14 oz) House Premium Tofu or Organic Tofu Firm
All-purpose flour to coat
2 Tbsp butter

Sauce:

2 Tbsp butter
2 tsp capers
1 Tbsp lemon juice
½ cup vegetable stock
4 lemon segments cut into small pieces
2 tsp parsley, chopped
¼ cup cherry tomatoes, halved, for garnish

Directions:

Croutons: Remove crust from bread. Cut into small-sized cubes. Sauté with butter over medium heat until brown and crispy on all sides.

Slice Tofu in half lengthwise then cut into 8 pieces. Coat Tofu with flour. Heat 1 ½ Tbsp butter over medium heat until butter melts, being careful not to burn. Add Tofu and cook for 3 minutes. Add remaining ½ Tbsp butter and turn Tofu. Cook for 3 more minutes. Set aside.

Heat 2 Tbsp butter over medium heat until butter melts, being careful not to burn. Add capers, lemon juice and vegetable stock. Cook for one minute. Add lemon segments and croutons, tossing a few times to warm.

Add parsley. Pour sauce over Tofu. Garnish with cherry tomatoes.

Makes 4 servings. Time: approximately 20 minutes.

Recipe courtesy of [House Foods America](#)