

## New NFL deal: Protein packed tofu for NFL player

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Steve Smith, NY Pro-Wide Receiver  
with House Foods America

A new ten year collective bargaining agreement deal ending the **NFL lockout** will mean that training will begin for NFL players. There is a high protein super food that some athletes are eating to keep up with the demands that goes into their training; tofu.

**Steve Smith**, New York Giant All-Pro Wide Receiver is the **new ambassador brand for House Foods**

**America** who knows how to pack a punch of protein when hard core training. Smith says it best, 'Tofu is a 'Money

Food'. I know that the healthier I eat, the better shape I'm in, and the better performer I become on the field'.

House Foods America introduced their Super Firm Tofu line with Steve Smith on July 14, at the posh **River Palm Terrace Restaurant** in Edgewater, N.J. for an array of delightful dishes which include, Crab cake, House salad with cubed tofu, grilled tofu and tomato on skewers and cheesecake; all made with their tofu line. Each item served was a successful touchdown and the encore for myself had to be the grilled tofu and tomato on skewers.

The grilled tofu and tomato on skewers has flavor and stands up to a tender meaty texture. Steve Smith concurs that it's his top pick recipe to make for your next summer barbeque.

The recipe is very simple:

### [Tofu and tomato skewer with herb sauce](#)

Serves 10 skewers

#### **Ingredients**

1 package of House Foods Extra Firm Tofu

20 Cherry tomatoes

10 Bamboo skewers

### **Sauce**

- 1 clove garlic
- 1 large Shallot
- 1/2 bundle Italian parsley
- 1/2 bundle Cilantro
- 2 Tbsp. Red wine vinegar
- 1/2 Tbsp. Kosher salt
- 1/2 tsp. Freshly grounded black pepper
- 1/4 tsp. Red pepper flakes
- 1 & 1/2 Tbsp. Extra virgin olive oil

### **Directions**

1. Wrap tofu with paper towel and place on plate. Put it in microwave for about a minute to remove excess moisture.
2. In a food processor put garlic, shallot and give it a quick whirl (a food blender will work also). To it add Italian parsley, cilantro and give it another whirl.
3. In a bowl place chopped herbs and add vinegar, salt, black pepper, red flakes, and extra virgin olive oil. Mix them together.
4. Cut tofu in cubes in the same size as tomatoes.
5. Place two tofu cubes and two tomatoes alternately on skewers.

Brush tofu with the sauce and grill for 3 to 4 mins. on each side. Brush a couple more times until grill mark is shown.

Brush tofu again before serving.

House Food's, Super Firm Tofu stands up well with summer barbeque grilling. They are available at select local grocers located in the refrigerated section. Go online, [www.housefoods.com](http://www.housefoods.com) for all their recipes.

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