Yorba Linda, CA
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House Foods – Tofu Contest on Facebook

Tofu isn't just for vegetarians anymore. No, in fact, tofu has become a staple in most households in the United States. Tofu, which comes from soybeans, are naturally high in protein, iron, and fiber. These essential qualities along with other health benefits has made soy products a regular in restaurants, supermarkets, and coffee houses (think of Starbucks using Soymilk instead of regular milk). One of the largest manufacturer of tofu is House Foods. House Foods has been in the tofu-making business for over 30 years in the US but originated in Japan. As the company found a growing need for tofu products to be made in the US for quality purposes, House Tofu opened its first tofu manufacturing facility in Southern California after successfully initiating their brand name into the US. House Foods also opened Curry House which is a chain restaurant serving curry dishes which also features tofu as a main item.

House Tofu makes an extensive line of tofu products which includes their premium, organic, non-GMO tofu, seasoned tofu, tofu shirataki, So-Yah!, konnyaku, and age. All of House Tofu products are made with non-genetically modified soybeans grown in Northern America. And with so many varieties to choose from, you won't get tired of eating and preparing tofu. On their website: http://www.house-foods.com/, you'll find a wealth of information regarding the health benefits of tofu as well as a wide selection of uses for tofu. I found some really great recipes using tofu that I will be trying very soon.

House Tofu is currently running a contest on Facebook for a chance to win one case (6 packages) of free tofu/noodles per week. All you have to do is 'Like' their Facebook page! Winners can choose to receive a case of Premium tofu, Organic tofu, Organic tofu cutlet, or Tofu Shirataki. The promotion ends on August 28th, 2011. Click on the link below to "LIKE" House Tofu and enter the contest! Imagine not having to purchase tofu for your meals because you can win a case full of them!

http://www.facebook.com/housefoodsamerica?sk=app_121121694568521

If you win, be sure to come back here and comment that you won. And if you try one of their recipes or have a recipe of your own, I'd love for you to share it here!

Best of Luck!