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### Meatless Monday: Tasty Tofu Tostadas your kids will love

by Moms\_GoingGreen on May 9, 2011

This is a kid-friendly recipe provided by House Tofu. I am testing tonight so feedback to follow! I was pleased to learn this company uses solar power to grow their tofu. House Tofu was inspired by Kung Fu Panda 2 movie to create healthy recipes that would encourage kids and families to try Tofu this underrated and versatile super food protein! Certainly, not my eight year-olds favorite yet... BUT fun characters + fun food = why not!

This recipe is full of flavor with a little kick. Diced tofu, onions, tomatoes, avocado, cilantro and Serrano chilies seasoned with lime juice served on a crispy tostada.



### Ingredients

- 1/2 Package (7 oz.) **House Premium Tofu Medium Firm**, drained and cut into small cubes
- 1/2 cup finely chopped onions
- 1 finely diced serrano chili
- 1/3 cup chopped tomato
- 2 teaspoons chopped cilantro
- 1 avocado, peeled, seeded, chopped
- juice of 1 lime
- 4 corn tostadas (deep fried tortilla)

**Directions:** Mix all ingredients with lime juice. Season with salt and pepper. Serve on top of tostada.



Also fun for parents & kids House Tofu's Kung Fu Panda 2 website [www.kungfufu2.com](http://www.kungfufu2.com) – complete with recipes, an **interactive cookbook app**, and tofupedia. Watch out for the sweepstakes to win a trip to China for four and Kung Fu Panda 2 movie tickets. Good luck!