



Stage 3A: Smooth Textures

Tofu for Beginners

- Tofu can be found in the refrigerated section of your local grocery store in a square package. Some popular brands include Nasoya, Soy Boy, and Wildwood.
- It comes in different textures:
 - **Extra Firm:** best for stir-fry, marinating, pan-frying, and baking
 - **Firm:** best for making tofu scramble
 - **Silken:** blended for sauces, dips, and smoothies
- Tofu needs spices, a light sauce or dressing, or a marinade! It does not have much flavor on its own but it acts as a sponge to absorb other flavors around it.

Sweet Tofu Recipes

- **Chocolate Pudding** – Use food processor or blender to combine 16 oz silken tofu (drained), 2 Tbsp unsweetened cocoa powder, ¼ cup zero-calorie sweetener, ¼ tsp salt, and 2 tsp vanilla extract. Puree until smooth. Store in refrigerator.
- **Banana Pudding** – Use food processor or blender to combine 16 oz silken tofu (drained), 2 bananas, and 1 tsp vanilla. Puree until smooth. Add zero-calorie sweetener to taste. Store in refrigerator.

Savory Tofu Recipes

- **Tofu Scramble** – Crumble firm tofu in a bowl and stir in favorite seasonings (e.g., salt, pepper, garlic powder, seasoned salt, etc.). Pour mixture into a heated non-stick skillet (can use non-stick spray too) and stir. Continue stirring every minute or so until tofu is cooked to preferred level.
- **Pan-Fried or Baked Tofu Cubes** - Slice a block of extra firm tofu in half to make two ½-inch thick squares. Place between 2-3 layers of paper towels and lightly press out excess water. Cut into cubes.
 - **If pan-frying:** Preheat pan on medium heat and spray generously with non-stick cooking spray. Pan-fry tofu for 15-20 minutes until browned and crispy; stir every few minutes to avoid sticking. When tofu has been cooked to preferred level, splash with 1 tablespoon soy sauce. Add additional seasonings if desired or serve with dipping sauce (e.g., hot sauce, BBQ sauce, sriracha sauce, etc.).
 - **If baking:** Marinate tofu cubes in your preferred low-fat, low-sugar marinade for at least 30 minutes or as long as overnight. Marinade ideas include salad dressings, teriyaki, thinned-out BBQ sauce, and soy sauce. There are also tons of healthy marinade recipes on-line. Preheat oven to 375 degrees. Prepare baking sheet with parchment paper, non-stick cooking spray, or use non-stick pan. Place single layer of cubes on a non-stick baking dish and bake for 20-25 minutes or until lightly brown. Turn cubes about halfway through cooking time.

Pre-Marinated Tofu

In a pinch? Grab some pre-marinated tofu that is ready-to-eat. Microwave or heat up in a skillet if you prefer it warm or enjoy it cold right from the package.

- Nasoya “TofuBaked” Marinated Baked Tofu: Chipotle, Sesame Ginger, Teriyaki
- Trader Joe’s Marinated and Ready to Eat Organic Baked Tofu: Savory or Teriyaki
- Wildwood Organic Baked Tofu: 11 different varieties

Vegetarian Refried Beans

- Refried beans are a great option for Stage 3A because they are soft in texture and packed with protein and fiber.
- Easy & quick- open a can of refried beans, heat up in a pan, and enjoy! Add in some hot sauce or other seasonings for some extra flavor (lime juice, cumin, pepper, etc.)
- Add a scoop of Greek yogurt for some added protein!

Sweet Recipes

- ***"Ice Cream"*** – Mix Greek yogurt, cottage cheese, or ricotta cheese with any of the following:
 - 1 teaspoon of vanilla or almond extract and sprinkle of cinnamon
 - Pinch of unsweetened cocoa powder and Splenda
 - Extracts (almond, peppermint, orange, vanilla, etc.)
 - Sugar-free syrups (Torani, Da Vinci Gourmet)
 - 1 T PB-2 (powdered peanut butter)
- ***Chocolate Almond Bliss*** – Mix 1 teaspoon of almond extract, pinch of unsweetened cocoa powder, and SF sweetener into Greek yogurt, cottage cheese, or ricotta cheese.
- ***Strawberry Ricotta Gelatin***- Use a fork to fluff up the ricotta cheese. Prepare four dishes to pour mixture into. Put gelatin package into a medium mixing bowl. Add 1 cup boiling water to gelatin and whisk together until gelatin is dissolved. Stir in ricotta. Add cold water and mix all together. Pour into the 4 dishes. Cover and refrigerate for minimum 2 hours or until set. Remove and discard the top layer of the gelatin until you see the more dense and deeper colored gelatin.

Savory Recipes

- ***Try any of the following mix-ins for your Greek yogurt, cottage cheese, or ricotta cheese:***
 - Spicy: Black pepper, ground red pepper, chili powder, curry powder
 - Mrs. Dash seasoning blends
 - Other Seasonings: Onion powder, garlic powder, cumin, paprika
 - Dried herbs: Italian seasoning, oregano, dill, chives
 - Lemon or lime juice
- ***Tangy Dill*** – Mix ½ teaspoon of dried dill, ½ teaspoon of cumin, a very small pinch of salt, and ½ teaspoon of lemon juice into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese.
- ***Fiesta Lime*** – Mix ½ teaspoon of lime juice and ½ teaspoon of chili powder into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese.
- ***Chives and Onions*** – Mix ½ teaspoon of dried chives (or finely minced fresh chives) and ½ teaspoon of dried onion flakes into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese. Let sit for at least an hour to allow flavors to blend.

Pureed Vegetables

Try with butternut squash, carrots, cauliflower or parsnips

How to prepare:

1. Peel and chop vegetables if needed; pre-chopped or frozen vegetables can also be used.
2. Steam or boil chopped vegetables until tender (easily pierced with a fork)
3. Add vegetables to a blender or small food processor.
4. Puree until smooth - adding liquid, a little at a time, to help reach smooth consistency. Broths work well to thin out the puree and add flavor.
5. Season to taste with spices if desired (salt, pepper, cinnamon, Italian seasoning, chili, cumin etc.)
6. Consider adding protein powders such as unflavored or chicken soup flavor for a protein boost!

Egg White/Beaters-Based Recipes

Egg-whites and egg-beaters are a great option packed with quality protein!

- Soft, scrambled egg whites or egg beaters are allowed on this stage. Please refrain from hard boiled, fried, or regular eggs with yolk.
- **Scramble** – mix egg whites with ricotta and salt and pepper, seasonings of choices (e.g., hot sauce, mustard, lemon pepper, garlic, plain yogurt, etc., and cook in a pan. Option to add tofu. Note: Mayonnaise and ketchup are not generally tolerated at this stage.
- **Pureed Classic Egg Salad**
 - Start with scrambled egg whites. Add light mayo, plain yogurt, and salt and pepper and mix together.

Spicing Up Your Non-Protein Foods

Remember: Always get in your protein foods and shakes first!

- **Banana "Ice Cream"**- blend 1-2 frozen bananas and blend in any of the following options:
 - ¼ tsp vanilla extract, 3 T cocoa powder, and a pinch of salt
 - 1-2 T of PB2
 - 1/8 tsp mint extract
 - ½ -1 scoop protein powder*** limit banana "ice cream" to ½ cup per day*
- Sprinkle cinnamon, nutmeg, or pumpkin pie spice on your banana, apple sauce, pears, peaches, oatmeal, cream of wheat, or farina.

