

Baked Tofu Sticks

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Language and Literacy, Cognitive

What You Need:



- ½ package (7 ounces) firm tofu
- Vegetable oil or nonstick cooking spray, for baking sheet
- Salt (optional)
- Various prepared dressing or dips (ranch dressing, spaghetti sauce, ketchup, etc.)

What To Do:

1. Cut the tofu into rectangles (about 3" by ½" sized).
2. Have your child line a baking sheet with a double layer of paper towels or a clean kitchen towel. Together, lay the tofu onto the lined baking sheet in a single layer, and ask your child to describe how the tofu looks and feels.
3. Place another baking sheet on top of the tofu, and press down firmly. You can place some canned goods on top of the baking sheets to add additional weight. Have your child make some predictions about what you are doing to the tofu. Explain that this process allows the tofu to release its excess liquid. Wait for 20 minutes or up to 1 hour until the tofu is dry.
4. While waiting for the tofu to release the liquid, do a tasting of various sauces and dressing. Pour a small amount onto spoons for your child to taste. Have your child describe the sauces and have her select one to use for the dipping sauce with the tofu.
5. When the tofu is dry, preheat oven to 375 degrees, and lightly grease a baking sheet with oil or nonstick spray; set aside.



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6. Together, pat the tofu dry and sprinkle lightly with salt, if you desire.

Have your child describe how the tofu has changed.

7. Have your child arrange the tofu sticks in a single layer on the prepared

baking sheet, spacing at least $\frac{1}{2}$ " apart.

8. Bake the tofu, turning them halfway through, until both sides are light

golden brown, about 12 to 15 minutes per side.

9. Cool and serve warm or at room temperature with the dipping sauce that your

child chose.

Adapted from www.marthastewart.com



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