

Health and Diet - Dec 20, 2004

Tofu anyone? This bean product is an excellent source of protein, B vitamins, iron and calcium. It contains no cholesterol and is very low in sodium and saturated fat. Use it in recipes -- it has a sponge-like effect in that it takes on the flavors added to it. Tofu is a great substitute for meat or other proteins. You can serve it as a snack on crackers or whip it up as a meal like stir-fry.