



FUN FACT
The earliest written mention of tofu in America was in a letter by Benjamin Franklin in 1770.



WARNING!
Ask an adult's permission before using the stove.

Cook up crispy tofu nuggets

Ingredients

- 16-ounce package extra-firm, pressed tofu
- 1 cup brine (juice) from a jar of dill pickles
- ¼ cup panko breadcrumbs
- ¼ cup crushed French fried onions
- 2 tablespoons cornstarch
- ½ teaspoon paprika
- Salt and freshly ground pepper
- Vegetable oil, for frying
- Ketchup, mustard, or other dipping sauce

Instructions

1. Tear the tofu into bite-size nuggets and place in a bowl. Pour the pickle juice over the tofu and allow to marinate for 30 to 60 minutes.
2. Meanwhile, combine the breadcrumbs, onions, cornstarch, and paprika in a bowl and mix well. Season to taste with salt and pepper. Drain the tofu and add it to the breadcrumb mixture, tossing to coat well.
3. Coat the bottom of a large, nonstick skillet with vegetable oil and set pan over medium-

high heat. When the oil is hot, use a long kitchen utensil such as metal tongs to carefully add the tofu nuggets in a single layer in the pan. Cook until they start to brown on the bottom, about 5 minutes.

4. Continue to cook, using the tongs to occasionally turn the nuggets, until they are golden and crisp on all sides. Remove to a plate lined with paper towels to drain, then serve with your favorite sauce for dipping. Serves 3.



LIFE HACK GET ALONG BETTER WITH SIBLINGS

Even the closest siblings can get on each other's nerves at times. Disagreements are natural, but they can lead to harsh words and hurt feelings. If you want a more peaceful home life, make an effort to get along better with siblings. The next time you start squabbling, pause and take a breath. Consider your words before you speak. Try not to place blame solely on your sibling, and don't be afraid to take responsibility for your part in a fight. Try doing at least one kind act toward them each day. For example, offer to play a game together, ask how their day went, or tell them you're proud of something they did. Your actions may inspire them to treat you with more kindness too.

Help keep the peace.

