

## AVOCADO TOFU SALAD



*Ingredients (makes 4 servings):*

- 1 box soft tofu
- 1 C diced tomatoes
- ½ C chopped cilantro
- 1 large avocado, diced
- 2 Tbsp vegetarian mushroom sauce
- 1 Tbsp *Nori Komi Furikake* (Japanese seaweed seasoning)

*Directions:*

1. Cut tofu into small cubes. Drain dry
2. Arrange tofu on the serving plate
3. Scatter diced tomatoes, avocado, then cilantro on top of the tofu

Sprinkle seaweed seasoning & pour vegetarian mushroom sauce over the salad