

ORIENTAL SALAD



Ingredients (makes 4 servings):

- 1 pack of firm tofu (roughly 18 oz.)
- 1 pack of mixed baby lettuce
- 1 Persian Cucumber
- 1 carrot, shredded
- ½ an onion, sliced

Asian Dressing:

- 1 jalapeño chili, seeded & minced
- 2 Tbsp vinegar
- 2 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1 tsp salt
- 2 tsp sugar
- 2 Tbsp toasted sesame seeds

Mix all ingredients & add or remove sesame seeds to taste

Directions:

1. Simmer tofu in vegetable broth over low heat for 10-15 min
2. Cool tofu and drain out water. Cut into smaller slices and pan fry
3. Mix all vegetables with fried tofu strips.
4. Toss salad with Italian or Asian dressing