Teriyaki Tofu Salad

Servings: 6 (333 g)
Prep Time: 10 Minutes
Cook Time: 1 Hour

Ingredients

- ¼ c. low-sodium soy sauce
- 3 T. + 1 t. rice vinegar
- 1 T. sesame oil
- 1 T. canola oil
- 2 T. honey
- 1 T. ginger, minced
- 2 garlic cloves, minced
- 28 oz. extra-firm tofu, cubed
- 3 T. toasted sesame seeds
- 2 c. sugar snap peas
- 6 c. cabbage, shredded
- 1 red bell pepper, thinly sliced
- 1 c. carrot, shredded
- 1 c. scallions, chopped

Directions

1. Preheat the oven to 350° F. In a bowl, combine the soy sauce, vinegar, sesame and canola oils, honey, ginger and garlic; mix well.
2. Place the tofu in a single layer in a 9x13 inch baking dish; pour half the dressing over tofu. Sprinkle with half of the sesame seeds. Place in the center of the oven and bake 30-45 minutes, until just browned.
3. Remove tofu into a cold bowl and refrigerate until chilled.
4. Bring a small pot of water to a boil; add the sugar snap peas and cook 2 minutes. Drain and rinse under cold water.
5. Toss the cabbage, bell pepper, carrot, scallions, and sugar snap peas with some of the remaining dressing to taste and sprinkle with remaining sesame seeds. Serve with the tofu.

Nutritional analysis per serving: *Calories 265; Calories from Fat 125; Total Fat 14 g (22% Daily Value); Saturated Fat 2 g (10% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 440 mg (18% DV); Total Carbohydrate 19 g (6% DV); Dietary Fiber 7 g (28% DV); Sugars 5 g; Protein 18 g (0% DV); Vitamin A 80% DV; Vitamin C 100% DV; Calcium 25% DV; Iron 25% DV.*

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June

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August

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July

TIP: For the best flavor, press some of the liquid out of the raw tofu and marinate with the recipe's sauce for 1-4 hours before baking.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Canada Day National Grilling Month	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1