Teriyaki
Tofu Salad
Learn to love
tofu with this
easy recipe.
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Teriyaki Tofu Salad ☆☆

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

☆= Good; ☆☆= Better; ☆☆☆= Best

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 chill.
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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