

5 Taste Spring Salad

Adapted from Mary Shaw's recipe from the Whole Foods
classes at Bastyr University

Servings: 4

Ingredients

Sauté the tofu in:

- 1 pound extra firm tofu, cut into 1-inch cubes
- ½ Tbl. extra virgin olive oil
- 3 Tbl. tamari
- 3 Tbl. maple syrup
- 3 Tbl. water

Dressing:

- ½ Tbl. sesame oil
- ½ Tbl. toasted sesame oil
- 2 Tbl. rice vinegar
- 1 Tbl. maple syrup
- 2 tsp. Dijon mustard

Salad:

- 1½ oz. pecans, toasted
- 6 oz. fresh baby spinach or mixed salad greens
- 3 green onions, sliced ¼-inch pieces
- 4 to 6 radishes, thinly sliced

Directions:

1. Add oil, tamari, maple syrup and water to large skillet over medium heat.
2. Add tofu and cook, turning cubes, until liquid is absorbed. Remove from heat, and set aside.
3. Combine dressing ingredients
4. Combine salad ingredients in large bowl, toss with dressing; divide between four plates; then add tofu, also divided evenly between the four plates.

Nutrition:

 (Serving size: ¼ Recipe)

Calories: 319
sugars: 15g

Protein: 13.6g
saturated fat: 1.7g

total carbohydrate: 23g
sodium: 1005mg

total fat: 20.6g
dietary fiber: 3.5g