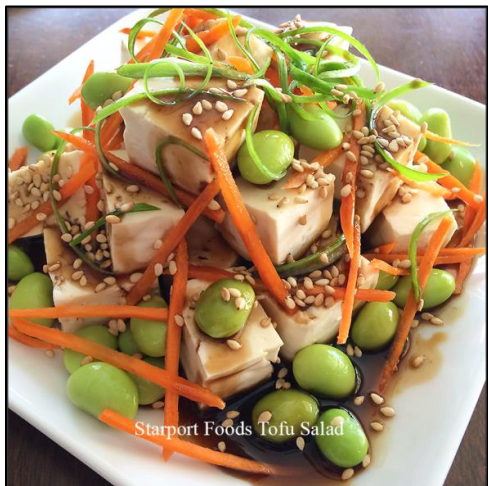




Vegan Garlic Sesame Soft Tofu Salad

Healthy Asian high protein salad



Ingredients: Single Serving

- ¼ C. **Garlic Sesame Marinade & Glaze** (Vegan)
- 1 Tbsp. Rice Vinegar
- 8 oz. Tofu, soft (Silken) ¾” cubes (Not firm tofu)
- 1 oz. Carrots, julienne (Soak in ice water)
- 3 oz. Soy beans, shelled, frozen, ready-to-eat
- 1 stalk Green onions, strips
- ½ tsp. Roasted sesame seeds

For gluten free recipe try other Starport sauces:

General Kung Pao Sauce – Gluten free

Mango Creole Sauce – Gluten free

Coconut Curry Sauce – Gluten free

Instructions

1. Gently press out excess water from soft tofu then cut into ¾” cubes, and set aside.
2. Take frozen soy beans, thaw slightly, rinse in cold water, drain and set aside.
3. In a bowl that is large enough to hold all the ingredients, add the **Garlic Sesame Sauce**, rice vinegar, carrots and soy beans and mix well.
4. Add in soft tofu and use a rubber/silicone spatula to gently fold tofu to coat with sauce.
5. Plate the tofu salad, garnish with green onions and sprinkle with roasted sesame seeds.

Note: 8 oz. of soft tofu contains 21.3g of protein and 187 calories.

3 oz. soy beans provide 10.4g of protein and 103 calories.