



Vegan Ponzu Citrus Soy Soft Tofu Salad

Healthy Asian high protein salad



Ingredients: Single Serving

¼ C.	Ponzu Citrus Soy Sauce (Starport 435)
8 oz.	Tofu, soft (Silken) ¾” cubes (Not firm tofu)
1 oz.	Carrots, julienne (Soak in ice water)
3 oz.	Soy beans, (Edamame) shelled, frozen, ready-to-eat
1 stalk	Green onions, strips
½ tsp.	Roasted sesame seeds

Instructions

1. Gently press out excess water from soft tofu then cut into ¾” cubes, and set aside.
2. Thaw frozen soy beans (Edamame) slightly, rinse in cold water, drain and set aside.
3. In a bowl that is large enough to hold all the ingredients, add the **Ponzu Citrus Soy Sauce**, 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.