
Super Tofu Salad

Description

Sometimes you can take an existing recipe and make it better by incorporating ingredients that add more flavor, lower the fat and improve its nutrition. This is a prime example.

Total time: 30 min Yield: 6 Servings as a side dish

Ingredients

3 cup Napa (Chinese) cabbage (shredded)
2 cup watercress (cut into 1" pieces)
1/4 cup dried wakame seaweed (soaked in water for 5 minutes)
1 block firm or extra firm tofu (cut into 1/2" cubes)
1 cup shelled edamame
1 large tomato (diced)
1/4 cup roasted peanuts (chopped)
1 Tbsp lemongrass infused oil (substitute canola or peanut oil)
1 Tbsp minced lemongrass (tender white part only)
2 Tbsp fresh garlic (minced)
1/4 cup low-sodium shoyu
juice of one lemon
1/2 tsp black pepper
2 Tbsp sweet chili sauce

Prep Time: 30 min Total Time: 30 min

Instructions

For the dressing, make the lemongrass oil ahead of time by heating oil in a small saucepan over medium heat and drop in a few stalks of trimmed and smashed lemongrass (this helps to release the oils). Simmer on the stove for 15 to 20 minutes, strain, and use the oil to add a fresh, lemony flavor to dressings or sauces. Use this oil (or regular canola), heated very high but not smoking, to quickly sauté the garlic and lemongrass (about 30 seconds). Remove from heat and add all the other ingredients (low-sodium shoyu, lemon juice, black pepper, sweet chili sauce) and whisk together.

Make a bed of greens using the Napa cabbage and watercress. Lightly chop the wakame seaweed and sprinkle over the greens, then follow with the tofu, edamame, and tomato. Drizzle with the dressing, sprinkle with roasted peanuts and enjoy!

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai