



## Vegan Garlic Sesame Soft Tofu Salad

Healthy Asian high protein salad



### Ingredients: Single Serving

$\frac{1}{4}$ C.	<b>Garlic Sesame Marinade &amp; Glaze</b> (Starport209 Vegan)
1 Tbsp.	Rice Vinegar
8 oz.	Tofu, soft (Silken) $\frac{3}{4}$ " 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
$\frac{1}{2}$ tsp.	Roasted sesame seeds

### Instructions

1. Gently press out excess water from soft tofu then cut into  $\frac{3}{4}$ " 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.