Dinner, Asian

Crisp Sesame Tofu and Edamame Salad

Cubes of firm tofu and shelled edamame are tossed with crunchy red cabbage, carrots, and briny green olives, then coated in a nutty sesame peanut dressing.



Vegetarian

30 min	290	17 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 14 oz firm tofu (firm, pressed and cubed)
- [ ] 1 cup frozen edamame (shelled)
- [ ] 1 cup red cabbage (thinly sliced)
- [ ] 1 cup carrots (julienned)
- [ ] 1/4 cup green olives (sliced)
- [ ] 1 tbsp sesame seeds
- [ ] 2 tbsp lower sodium soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp sesame oil
- [ ] 1 tbsp peanut butter
- [ ] 1 tsp maple syrup
- [ ] 1 tsp fresh ginger (grated)
- [ ] 1 clove garlic (minced)
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper

Nutrition Facts

Per serving

Calories	290
Total fat	16 g
Saturated fat	2 g
Sodium	350 mg
Total carbs	17 g
Fiber	6 g
Total sugars	4 g
Protein	21 g

Method

- [ ] 1 Tip the firm tofu cubes into a large bowl and pile the frozen edamame, red cabbage, carrots, green olives, and sesame seeds on top.
- [ ] 2 Make the dressing in a separate small bowl by whisking together the lower sodium soy sauce, rice vinegar, sesame oil, peanut butter, maple syrup, fresh ginger, garlic, salt, and black pepper until smooth.
- [ ] 3 Pour the finished dressing over the tofu mixture, then fold everything together until each piece is evenly coated.

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