

Asian Tofu Salad

Ingredients:

- 1 oz. sweet chili sauce
- 1/8 oz. fresh ginger root, grated
- 1/8 oz. garlic, crushed
- 1 tbsp. sesame oil
- 7 oz. extra firm tofu (1/2 of a block split)
- 5 oz. snow peas, trimmed
- 5 oz. carrots, grated
- 2 oz. finely shredded red cabbage
- 2 tbsp. chopped peanuts, unsalted



Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container	
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Amount Per Serving	
Calories 200	Calories from Fat 80
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% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 11g	
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Vitamin A 180%	• Vitamin C 70%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. In a large bowl, mix the chili sauce, ginger, garlic, soy sauce, and sesame oil. Place tofu in the mix, and marinate 1 hr. in the refrigerator.
2. In a medium sauce pan, grill tofu, until slightly crispy and brown on each side.
3. Bring a pot of water to a boil. Put the snow peas in the boiling water for 1-2 minutes, then immerse in a bowl of cold water. Drain, set aside. Toss the peas, carrots, cabbage, and peanuts with the tofu and marinade to serve.