

# Chilled Tofu Salad

## INGREDIENTS:

- 1 package (14 oz) organic firm tofu, chilled
- 4 Tbsp. furikake seasoning (for vegetarians see vegan recipe below)
- 2 green onions/scallions, thinly sliced cross sections
- 2 cups baby spinach
- 2 tsp. grated ginger
- 2 Tbsp. low sodium soy sauce (or tamari or Brags liquid aminos)

**Optional toppings:** Chopped tomatoes, sliced cucumber, nori or wakame (seaweed), toasted sesame seeds, wasabi

### Vegan furikake seasoning (optional)

- 2 large sheets toasted nori seaweed (or 0.17 oz. snack size)
- 1/4 cup toasted white and/or black sesame seeds
- 1/4 teaspoon sea salt (do not add if using snack size nori)
- pinch of sugar (or pinch of other sweetener)



## SERVES: 4

### Nutrition Facts

Serving Size 3.5 oz (158g)  
Serving Per Container 4

**Amount Per Serving**

**Calories 100    Calories from Fat 35**

% Daily Value\*

**Total Fat 4g   6%**

    Saturated Fat 0g                                   0%

    Trans Fat 0g

**Cholesterol 0mg                                       0%**

**Sodium 270mg   11%**

**Total Carbohydrate 6g                             2%**

    Dietary Fiber 1g                                 4%

    Sugars 1g

**Protein 9g**

Vitamin A 45%      •    Vitamin C 15%

Calcium 6%         •    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-Tofu:

- Cut chilled tofu into 4 pieces, drain in colander for 5-10 minutes.
- Place each piece of tofu on a bed of raw baby spinach. Garnish the top with furikake seasoning or your favorite toppings.
- Drizzle soy sauce (or other sauce) on the tofu, chill until served.

## Comments:

- This is a quick and easy recipe to add protein from tofu. It can be used as a salad with lots of greens, or as an appetizer, with a few greens.
- The vegan furikake seasoning is an option if you want to avoid fish. Regular furikake has dried fish flakes.
- Soy and sesame contain plant lignans that are converted to enterolactones in the gut. These are likely to provide reductions in risk of heart disease and hormone sensitive cancers.

## DIRECTIONS-Furikake Seasoning:

- In a non-stick pan, lightly toast the nori over low heat, mix in the sesame seeds and lightly toast.
- When nori and sesame seeds smell toasted add to bowl with salt, and sugar.
- Mix and grind the nori sheets so they break up into smaller pieces as desired.
- Garnish the tofu with this homemade furikake seasoning.
- Extra furikake seasoning can be store in an airtight container and used to sprinkled over chilled tofu, rice or noodles.