Living Whole
Employee Wellness Program

Asian Tofu Salad

Ingredients:

1 oz. sweet chilisauce

¼ oz. fresh ginger root, grated

¼ oz. garlic, crushed

1 tbsp. sesame oil

13 oz. extra firm tofu

9 oz. snow peas,trimmed

9 oz. carrots, grated

3 oz. finely shredded red cabbage

3 tbsp. chopped peanuts,unsalted



*VEGAN *GLUTEN-FREE *SOY FREE

Nutrition Facts

5 servings per container

Serving size **1 cup (227g)**

Amount per serving

Calories **220**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 33g	**12%**
Dietary Fiber 11g	**39%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 5.1mg	30%
Potassium 950mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.