



---

## Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# *Asian Tofu Salad*

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

## **Ingredients**

- 3 tablespoon oil, canola
- 2 tablespoon vinegar, rice
- 1 tablespoon honey
- 2 teaspoon soy sauce, reduced-sodium
- 1 teaspoon oil, sesame
- 1 teaspoon ginger, fresh, minced
- 1/2 teaspoon salt
- 14 ounce(s) tofu, extra-firm, water-packed, rinsed, patted dry and cut into 1-inch cubes
- 8 cup(s) lettuce, mixed greens
- 2 medium carrot(s), peeled, halved lengthwise and sliced
- 1 large cucumber(s), chopped

## **Preparation**

1. Whisk canola oil, vinegar, honey, soy sauce, sesame oil, ginger and salt in a bowl.
2. Place tofu and 2 tablespoons of the dressing in a large nonstick skillet. Cook over medium-high heat, turning every 2 to 3 minutes, until golden brown, 12 to 15 minutes total. Remove from the heat, add 1 tablespoon of the dressing to the pan and stir to coat.
3. Toss greens, carrots and cucumber with the remaining dressing. Serve immediately, topped with the warm tofu.

