Layered Tofu Salad &
Warm Soy Sauce Dressing

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Recipes provided by...

Soybeans
Nebraska Soybean Board

Layered Tofu Salad

- 2 Large heads iceberg lettuce, shredded
- 3 Medium red onions, thinly sliced
- 3 qts Bean sprouts
- 9 Medium tomatoes, cut into 1/2 inch cubes
- 3 lbs Silken tofu, cut into 1/2 inch cubes
- 1 1/2 lbs Canned red salmon or light tuna

Warm Soy Sauce Dressing

- 3 cups Watercress (3 oz.), cut into 1-inch pieces (optional)
- 1 cup Soy sauce
- 1 1/2 cups Soybean oil (vegetable oil)
- 1 1/2 cups Green onions, minced
- 9 Cloves garlic, mashed
- 1 1/2 tsp Sugar
- 3/4 tsp Bottled hot pepper sauce

For buffets, layer salad ingredients in order of listing in a large shallow bowl or serving platter. Just before serving, heat ingredients for Warm Soy Sauce Dressing. Toss salad and serve.

For a sit-down meal, toss salad and serve about 2 cups per serving. Garnish with choice of cherry tomatoes, sliced red onions, sweet red or yellow peppers, sugar pea pods or sliced cucumbers.

Makes 12 servings.

Per 2 cup serving:
- Calories: ..............395.2
- Protein: .............. 29.2 g
- Carbohydrate:...... 26.6 g
- Total fat:............. 21.1 g
- Cholesterol:....... 24.9 mg
- Saturated fat:....... 1.0 g
- Sodium:............. 1787 mg
- Dietary Fiber:....... 6.2 g

Quick Tip...
Puree firm or silken tofu into crab cakes, coleslaw, potato salad or tuna salad instead of using sour cream or mayo.

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Eat well. Eat soy.

Bean Team Demonstration
today from 10 am-4 pm atHy-Vee 5020 N 27thRuss’s Market70th & Van Dorn