Samurai Salad

Ginger Dressing: Combine all ingredients; mix well. makes 1-1/2 cups. Dry tofu slices thoroughly between several layers of paper towels. Lightly brush tofu with oil and Ginger Dressing; sprinkle with garlic salt. Grill tofu on a well-oiled grill* until golden brown on both sides. Toss greens with remaining Ginger Dressing; portion on to individual serving plates. Place two tofu slices on each bed of lettuce; sprinkle with green onions and garnish with 2 tomato sliced. Sprinkle with sesame seeds, if desired.

*Tofu may be cooked in a lightly oiled non-stick skillet over medium heat until golden on both sides.

Yield: 6 servings

PER SERVING:
- Calories: 210.9
- Total fat: 8.5 g
- Saturated fat: 0 g
- Cholesterol: 0 mg
- Sodium: 3251 mg
- Carbohydrate: 17.3 g
- Protein: 19 g
- Soy Protein: 13.5 g
- Dietary Fiber: 4.2 g

INGREDIENTS...

Ginger Dressing
- 3/4 cup soy sauce
- 3/4 cup white wine vinegar
- 2 Tbs grated ginger root
- 3/4 tsp bottled hot pepper seasoning

Salad
- 12 sliced firm tofu (1 lb. 14 oz), drained
- 3 qts cut salad greens (1 lb. 8 oz.)
- 3/4 cup diagonally sliced green onions
- 1 Tbs toasted sesame seeds, optional
- 12 small tomato sliced

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