



TUNA TOFU SALAD

Number of servings: 15

Ingredients:

1 head lettuce	<u>Dressing:</u>
1 small bunch Chinese parsley	1/3 cup less sodium
1 medium round onion	soy sauce
OR 1/2 bunch green onion	1 teaspoon sesame oil
2 medium tomatoes	1 tablespoon sugar
1 (14-ounce) container firm tofu	Optional: toasted
1 (5-ounce) can tuna in water	sesame seeds

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CHOP tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and optional: sesame seeds. COVER and SET aside in refrigerator until ready to SERVE.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. COVER and REFRIGERATE until ready to SERVE.
7. Just before serving, SHAKE and POUR dressing on salad, and TOSS.

Variations:

Salmon may be used instead of tuna.
Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.
Salad may be layered instead of tossed.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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