

# TUNA TOFU SALAD

## INGREDIENTS

- 1 (14 ounce) container **firm tofu**
- 1 large head **romaine lettuce**
- ¼ cup chopped **green onions**
- ½ small **sweet onion**
- 2 medium **tomatoes**
- 1 (5 ounce) can **tuna packed in water**, drained
- Optional: ½ cup chopped **Chinese parsley (cilantro)**

### Dressing:

- ⅔ cup **less sodium soy sauce**
- 2 teaspoons **sesame oil**
- 2 tablespoons **sugar**
- Optional: toasted **sesame seeds**

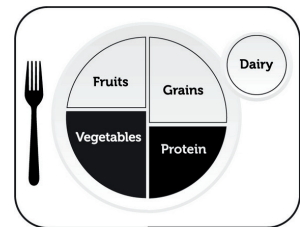
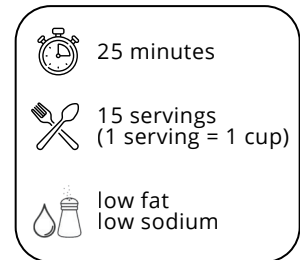
## DIRECTIONS

Always practice food safety when cooking.

- 1) Chop lettuce into bite-size pieces. Place in a large bowl. Set aside.
- 2) Drain tofu. Cut the block in half horizontally. Press out the water with clean paper towels until most of the liquid is absorbed.
- 3) Cut tofu into ¾ inch cubes. Add to large bowl with lettuce.
- 4) Chop green onions into ¼ inch pieces. Add to large bowl.
- 5) Cut the onion into ¼ inch slices. Add to large bowl.
- 6) Cut tomatoes into ½ inch pieces. Add to large bowl.
- 7) Add drained tuna to large bowl.
- 8) Optional: add Chinese parsley to large bowl.
- 9) In a jar, mix dressing ingredients: soy sauce, sesame oil, sugar, and sesame seeds (optional). Cover and refrigerate until ready to serve.
- 10) Toss lettuce, green onions, sweet onions, tomatoes, tofu, and tuna in the large bowl. Cover and refrigerate until ready to serve.
- 11) Just before serving, shake and pour dressing on salad and toss.

## NOTES

- Salad may be layered instead of tossed.
- Chopped raw watercress, won bok, and/or chop suey mix would be great additions to this salad.
- Canned salmon may be used instead of tuna.
- Red, white, and sweet onions are good onions to serve raw as they have a mellow flavor. If you only have yellow onions on hand, soak the sliced onion in ice cold water for about 30 minutes, then drain before using.



Nutrition Facts	
15 servings per container	
Serving size	1 cup (134g)
Amount per serving	
<b>Calories</b>	<b>70</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	20%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 182mg	4%

\*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.