

# ASIAN TOFU SALAD WITH DRESSING

## INGREDIENTS

### SALAD

- 6 cups chopped romaine lettuce
- 1 cup shredded purple cabbage
- 1 cup chopped cucumber
- ½ cup shelled organic frozen edamame, thawed
- 8 oz baked organic teriyaki tofu, cut into small cubes
- ½ cup whole grain of your choice, cooked as directed
- ¼ cup chopped almonds
- 2 scallions, chopped or more
- 2 tbsp sesame seeds

### DRESSING

- 1 cup grated carrot
- 2 tbsp water
- 2 tbsp liquid Aminos
- 2 tbsp rice vinegar
- 2 tbsp mince ginger
- 2 tbsp water
- 1 tsp toasted sesame oil
- 2 tsp minced garlic
- 2 tsp honey
- ½ tsp turmeric
- ⅛ tsp black pepper

## DIRECTIONS

1. Chop and prepare all ingredients above and place together in a bowl. If making ahead of time mix together and place in the refrigerator but wait until you are ready to serve before adding the dressing
2. Put all the dressing ingredients into a blender and blend until smooth. Add dressing and mix well when ready to serve. The dressing can be made ahead of time and stored in the refrigerator.

