

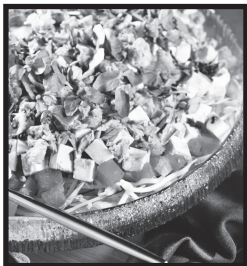
APRIL IS NATIONAL SOYFOODS MONTH

Layered Tofu Salad & Warm Soy Sauce Dressing

Recipes provided by...

Soybeans

Nebraska Soybean Board



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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INGREDIENTS...

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

- 3 cups Watercress (3 oz.), cut into 1-inch pieces (optional)

Warm Soy Sauce Dressing

- 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

Eat well. Eat soy.



**Bean Team
Demonstration**

today from 10 am-4 pm at
Hy-Vee 5020 N 27th
Russ's Market
70th & Van Dorn

For more enjoyable soy recipes call **800-852-BEAN**