

Recipes provided by...

# Soybeans

Nebraska Soybean Board



### INGREDIENTS...

Ginger Dressing		soybean oil, as needed
3/4 cup soy sauce		garlic salt, to taste
3/4 cup white wine vinegar	3	qts cut salad greens
2 Tbs grated ginger root		(1 lb. 8 oz.)
3/4 tsp bottled hot pepper seasoning	3/4	cup diagonally sliced green onions
Salad	12	small tomato sliced
12 sliced firm tofu (1 lb. 14 oz), drained	1	Tbs toasted sesame seeds, optional

### 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

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, it desired.

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

**Yield: 6 servings**