

Tropical Tofu Salad

Swick

Makes 2 servings | Active Time: 1 hour | Total Time: 1 hour

Chef's Notes

Nutrition: Calories 440; Fat 26g; Carbs 30g; Fiber 10g; Sugar 17g; Protein 28g; Cholesterol; 0mg; Sodium 103mg; Vitamin A 9686IU: Vitamin C 41mg: Calcium 497mg: Iron 6mg

Step 1: Method

- 9 1/3 ozs Tofu, Cut into small cubes (234.6 grams)
 - 2 tsp Soy Sauce (30mL)
 - 2 tsp Avocado Oil (30mL)
 - 1 1/3 Matchstick Carrots
 - 2 cups of Baby Spinach (60 grams)
 - 1 1/3 cups of Frozen Edamame, Thawed (206 grams)
 - 2/3 cups of Frozen Mango, Thawed (62 grams)
 - 1 1/3 tbsp Balsamic Vinegar (20 mL)
 - 1 1/3 tbsp Extra Virgin Olive Oil (20 mL)
1. Heat avocado oil in frying pan over medium heat. Add the tofu and pan-fry both sides until they turn golden brown (about 2 mins each side on high heat).
 2. Remove from heat and coat with soy sauce.
 3. Cook edamame according to package directions.
 4. Evenly divide the cooked tofu, carrots, spinach, cooked edamame, and thawed mango into 2 large serving bowls.
 5. Top with a splash of balsamic vinegar and extra virgin olive oil before eating.