Living Whole
Employee Wellness Program

Asian Tofu Salad

Ingredients:

1 oz. sweet chilisauce

¼ oz. fresh ginger root, grated

¼ oz. garlic, crushed

1 tbsp. sesame oil

16 oz. extra firm tofu

10 oz. snow peas,trimmed

9 oz. carrots, grated

3 oz. finely shredded red cabbage

2 cups edamame, cooked

3 tbsp. chopped peanuts,unsalted



*VEGAN *GLUTEN-FREE *SOY FREE

Nutrition Facts

4 servings per container

Serving size	1 1/2 cup
Amount per serving	
Calories	**220**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 11g	**39%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 0mcg	0%
Calcium 240mg	20%
Iron 5.4mg	30%
Potassium 910mg	20%

*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.

Directions:

1. In a large bowl, mix the chili sauce, ginger, garlic, and sesame oil. Place tofu in the mix, and marinate 1 hr. in the refrigerator.
2. In a medium sauce pan, grill tofu, until slightly crispy and brown on each side.
3. Bring a pot of water to a boil. Put the snow peas in the boiling water for 1-2 minutes, then immerse in a bowl of cold water. Drain, set aside. Toss the peas, carrots, cabbage, edamame, and peanuts with the tofu and marinade to serve.

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.