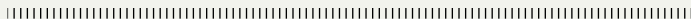




RECIPES

# TOFU TUNA SALAD



## INGREDIENTS:

- 1-2 heads romaine lettuce  
(cut into bite size pieces)
- 1-14oz block tofu (drained & cubed)
- 1-5oz can tuna in water (drained & flaked)
- 1 large tomato (diced)
- Green onions to garnish (chopped & optional)

## DRESSING INGREDIENTS:

- ½ c. vegetable oil
- ½ c. shoyu
- 1 tsp mirin
- 2 cloves garlic (minced)
- Dash of sugar



## DIRECTIONS:

1. Layer salad ingredients in pan or container in the order listed.
2. Combine dressing ingredients in a pot and bring to a boil. Cool thoroughly. Pour into a container and chill.
3. Serve salad with dressing and enjoy!

