



# Teriyaki Tofu Salad

A plant-based salad high in fiber and protein,  
with a side of healthy fats!



Prep Time: 15 Minutes

Cook Time: 5 Minutes



Serving Size: 1/2 of recipe

Total Servings: 2

## INGREDIENTS

- 1 package baked teriyaki tofu
- ½ cup steamed edamame, shelled
- 1 cup shredded or matchstick carrots
- ½ cup chopped green onions
- 3 cups spring mix lettuce
- 2 teaspoons sesame seeds
- 2 teaspoons extra virgin olive oil
- 1 tablespoon rice vinegar
- 1 teaspoon low-sodium soy sauce (or tamari for gluten-free option)

## DIRECTIONS

1. Cut tofu into small, bite-sized squares.
2. Add cubed tofu, cooled edamame, carrots, green onions, and lettuce to large salad bowl and mix well.
3. Mix sesame seeds, olive oil, vinegar, and soy sauce in a separate bowl.
4. Add dressing to tofu and vegetables and stir to combine. Serve immediately.

**TIP: Prepare salad in advance and divide into portioned containers for lunch or dinner meal-prep! Keep dressing in a separate container until ready to eat.**

