

Tofu Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 9 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Tofu, firm, drained	14	ounces
Celery, small dice	4	stalks
Red bell pepper, small dice	½	cup
Green bell pepper, small dice	½	cup
Green onions, thin sliced	1	cup
Soy sauce	2	cups

Preparation

1. Prepare vegetables.
2. Toss with soy sauce and serve.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 70 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 7g Protein: 7g Sodium: 1902mg Vitamin A: 22µg
Vitamin C: 20mg Calcium: 110mg Iron: 2mg Folic Acid: 32µg

