

TOFU AND EDAMAME SALAD

YIELD: 100 Servings

Chef Sam Icklan

This recipe is a lot of fun and looks beautiful when presented to students. Ingredients are layered into a clear 24 oz. cup to create a striking visual effect that is also delicious! Tossing the tofu in the scallion ginger vinaigrette allows the tofu to develop great flavor, and when the salad is either shaken or turned over onto a plate to eat, the dressing will coat the rest of the ingredients. This hearty, plant-based salad is sure to be a hit as a grab-and-go entree or as a vegan addition to your entree salad options!

INGREDIENTS

- ½ cup Vegetable oil
- 14.5# Tofu, drained and cut into ½" cubes
- 9.4# Shelled Edamame, thawed from frozen
- 9# Corn, thawed from frozen
- 7.75# dry Brown rice, dry - cooked according to manufacturer's instructions (½ cup cooked)
- 4.6# Baby spinach (¾ cup packed)
- 3.5# Red cabbage, shredded (¼ cup)
- 5.25# Shredded carrots (¼ cup)
- 2 1/2 cups thinly sliced scallions (greens and whites; from 1 to 2 large bunches)
- 1/2 cup finely minced peeled fresh ginger
- 1/4 cup grapeseed or other neutral oil
- 1 1/2 teaspoons light soy sauce
- 3/4 teaspoon rice vinegar

DIRECTIONS

1. Prepare rice according to manufacturer's instructions and cool completely before using.
2. Preheat oven to 350°F. Line sheet pans with parchment paper. Toss tofu with oil and spread evenly onto prepared sheet pans. Bake until tofu begins to brown, about 15-20 minutes. Set tofu aside and let it cool completely before using.
3. Prepare Ginger Scallion Vinaigrette and refrigerate until ready to use.
4. Toss tofu with 4 cups of Scallion Ginger Vinaigrette.
5. In a clear 24 oz. cup, add ingredients in layers starting with ¼ cup or 2.2 oz. of tofu. Add the rest of the ingredients in layers: ¼ cup corn, ¼ cup edamame, ¼ cup shredded carrots, ¼ cup shredded red cabbage, and ¾ cup packed of baby spinach. Put a lid on each cup, and refrigerate until ready to serve.
6. One salad provides 1 cup total vegetable (1/4 cup additional vegetable, 1/4 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable), 1.00 oz eq meat/meat alternate, 1.00 oz eq grains

RECIPE NOTES - TOFU AND EDAMAME SALAD

Nutritional information per serving*: 307 calories; 0.929g sat. fat; 65.245 mg sodium; 43.727g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*