Good Grinding for Wise Dining
Tuna Tofu Salad

Number of Servings: 4
* 1 recipe will make 8-10 “taste” servings

Ingredients:

- ½ head lettuce
- ½ small bunch Chinese parsley
- ½ medium round onion (OR ¼ bunch green onions)
- 1 tomato
- ½ (20-ounce) container firm tofu
- ½ (6-ounce) can tuna in water

Dressing:

- 2½ tablespoons soy sauce
- ½ teaspoon sesame oil
- 1½ teaspoons sugar

Optional: toasted sesame seeds

Directions:
1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar, and (optional) sesame seeds together. COVER and SET aside in refrigerator until ready to serve.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. REFRIGERATE until ready to serve.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:
Salmon may be used instead of tuna.
Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.
Salad may be layered instead of tossed.
Equipment
- Knife
- Cutting board
- Can opener
- Mixing bowl (large and small)
- Measuring spoons
- Plates and forks

* Always practice safe food handling techniques. Refer to food safety section.