TUNA TOFU SALAD

Number of servings: 15

Ingredients:
- 1 head lettuce
- 1 small bunch Chinese parsley
- 1 medium round onion
- 1 (14-ounce) container firm tofu
- 1 (5-ounce) can tuna in water
- OR ½ bunch green onion
- 1 teaspoon sesame oil
- 1 tablespoon sugar
- Optional: toasted sesame seeds
- 2 medium tomatoes
- 1 medium round onion
- Soy sauce
- ⅓ cup less sodium soy sauce
- 1 tablespoon sugar

Dressing:
- In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and optional: sesame seeds. COVER and SET aside in refrigerator until ready to SERVE.

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.