Tuna Tofu Salad

Ingredients:

½ head lettuce
½ small bunch Chinese parsley
½ medium round onion (OR ¼ bunch green onions)
1 tomato
½ (20 ounces) container firm tofu
½ (6 ounces) 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.

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