

Asian Tofu Salad

Produce Recipe Suggestion

Serves: 4

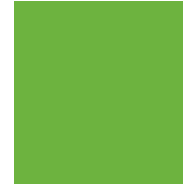
Ingredients

- 3 tablespoons canola oil
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon minced fresh ginger
- 1/2 teaspoon salt
- 1 14-ounce package extra-firm, water-packed tofu, rinsed, patted dry and cut into 1-inch cubes
- 8 cups mixed salad greens
- 2 medium carrots, peeled, halved lengthwise and sliced
- 1 large cucumber, chopped

Whisk canola oil, vinegar, honey, soy sauce, sesame oil, ginger and salt in a bowl.

Place tofu and 2 tablespoons of the dressing in a large nonstick skillet. Cook over medium-high heat, turning every 2 to 3 minutes, until golden brown, 12 to 15 minutes total. Remove from heat, add 1 tablespoon of the dressing to the pan and stir to coat.

Toss greens, carrots and cucumber with the remaining dressing. Serve immediately, topped with the warm tofu.



Chef's Recipe of the Week
Sysco San Francisco Inc
510 226-3000

Asian Tofu Salad

Serves - 4 for \$31.80

	Plate/Serving	Total	%
Price:	\$7.95	\$31.80	
Cost:	\$1.34	\$5.37	16.87
Profit:	\$6.61	\$26.43	83.13

SUPC	S	Description	Brand	Qty	Type	Unit Cost	XCost	Mrgn
5061643		OIL SALAD CANOLA	SYS CLS	3.00	TB	\$0.00	\$0.01	0.00
5385398	S	VINEGAR RICE NATURAL	NAKANO	2.00	TB	\$0.00	\$0.01	0.00
4112595	S	HONEY PURE CLOVER GR A	SYS CLS	1.00	TB	\$0.02	\$0.02	0.00
4005567	S	SAUCE SOY	KIKOMAN	1.00	TB	\$0.01	\$0.01	0.00
3300050	S	OIL SESAME BLENDED	JADE MT	1.00	TB	\$0.01	\$0.01	0.00
0684969		GINGER ROOT FRSH	CHRISRH	1.00	TS	\$0.01	\$0.01	0.00
0684936		TOFU EXTRA FIRM	MOONROS	1.00	LB	\$2.74	\$2.74	0.51
6886485		LETTUCE SPRING MIX	CLASSAL	8.00	CP	\$0.17	\$1.39	0.26
8676959		CUCUMBER ENGLISH FRSH	SYS IMP	1.00	EA	\$1.02	\$1.02	0.19
7098643		CARROT FRESH JULIENNE	SYS IMP	1.00	CP	\$0.15	\$0.15	0.03