**Asian Tofu Salad**

Serving 4

Total time: 25 minutes

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

½ teaspoon salt

1. 14oz package of 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

Preparation

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

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

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