

# CABBAGE SALAD WITH BAKED TOFU AND LEMON-SOY VINAIGRETTE

This is more of a side salad rather than a full main course, although some people would enjoy it for a light lunch. This crisp salad tastes best when freshly made. Note that you have a choice of using Western or Chinese napa cabbage, which produce different results. 4 Servings

## INGREDIENTS

### Cabbage Salad

- 3/4 lb. napa or green cabbage, shredded (about 6 loosely packed cups)
- 1 cup grated carrot
- 1/2 cup thinly sliced scallion greens
- 8 oz. baked tofu diced
- 1/3 cup chopped roasted peanuts

### Lemon-Soy Vinaigrette

- 2 Tbs. canola oil
- 1 Tbs. toasted sesame oil
- 1 1/2 to 2 Tbs. freshly squeezed lemon juice
- 1 tsp. Japanese soy sauce, or more to taste

## PREPARATION

**To make Cabbage Salad:** Combine cabbage, carrot, scallion greens, tofu and peanuts in a large bowl and set aside.

**To make Lemon-Soy Vinaigrette:** Combine oils, 1 1/2 tablespoons lemon juice and soy sauce in a small jar. Cover, and shake vigorously until thoroughly blended. Pour vinaigrette over slaw and toss well. Season with more soy sauce and lemon juice, if needed.

## NUTRITION INFORMATION

- *Calories: 290*
- *Carbohydrate Content: 12 g*
- *Fat Content: 21 g*
- *Fiber Content: 4 g*
- *Protein Content: 15 g*
- *Saturated Fat Content: 3 g*
- *Sodium Content: 360 mg*
- *Sugar Content: 3 g*

<https://www.vegetariantimes.com/recipes/cabbage-salad-with-baked-tofu-and-lemon-soy-vinaigrette>