

Baked Tofu Salad



This is the easiest salad you can make with tofu. Tofu come in very different consistency and flavor, for instance there are the fresh ones and the processed ones. For this salad I used the processed, which is produced from a fresh tofu, you can find usually in the refrigerator section and it is not kept in water. Most of the baked tofu contains salt and spices, therefore it is not necessary to add more flavor to it, making this dish is extremely simple and yet very savory.

Ingredients:

- 1 pack of baked tofu
- 1 bunch cilantro chopped
- 1 tablespoon sesame oil
- $\frac{1}{2}$ tablespoon soy sauce
- 1 teaspoon hot oil



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Method:

Slice the baked tofu (thin), add the soy sauce, sesame oil and the hot oil.

Mix gently and fold in the cilantro.

It is ready to serve.





Curiosity Corner

Did you know that tofu is made by coagulating soy milk? Therefore tofu is low in calories and is low fat. Moreover, tofu is rich in iron.

Thank you for stopping by Simple Recipes and have a great week!