TOFU SALAD IN A JAR, SESAME-LEMON DRESSING

Prep Time	Cook Time	Portion
15 min	N/A	5-6

Ingredients

DRESSING INGREDIENTS

3 Tbsp tahini
3 Tbsp lemon juice
pinch red pepper flakes
3 tsp toasted sesame oil
3 Tbsp rice vinegar
3 tsp honey
¾ tsp salt
¾ tsp pepper
¾ tsp dried oregano
2 cloves minced fresh garlic

SALAD INGREDIENTS (in order from bottom of jar to top)

2 Tbsp dressing (for each pint sized mason jar)
Extra firm tofu, pressed and cubed
Red bell pepper, diced
Cucumber, diced
Sprouts (any fresh sprouts like alfalfa, pea, broccoli, etc)
Sunflower seeds (shelled)
Flat Leaf parsley, minced
Romaine lettuce, chopped

Directions

1. To make dressing: Blend all ingredients together. Dressing keeps for 1 week refrigerated.
2. To remove the liquid from the tofu press tofu firmly with a heavy weighted object, like a cast iron pan. Wrap tofu in a paper towel or dish towel to absorb water.
3. Layer salad ingredients in order of ingredients above (starting with dressing on the bottom and finishing with the lettuce on top)
4. Seal and Refrigerate for up to 4 days. Requires 5-6 pint sized Mason jars with lids.

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