

# Tofu Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD: 36 oz.**

**9 (4oz) Servings**

Ingredients	Weight	Measure
Firm Tofu	14	oz
Celery (chopped small)	4	stalks
Red bell pepper (chopped small)	½	cup
Green bell pepper (chopped small)	½	cup
Green onions (sliced small)	1	cup
Soy sauce	2	cups

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Prepare vegetables
2. Toss with soy sauce and serve

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

4 oz. serving. Garnish with fresh chopped cilantro.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: Total Fat: Saturated Fat: Carbohydrate: Protein: Sodium:

Vitamin A: Vitamin C: Calcium: Iron: Folic Acid