

Pinto & Seitan Salad with Molasses Dressing



TOTAL TIME

2 hrs 5 mins



COURSE

Dinner, Lunch, Salad, Snack



SERVINGS

7 serving

CALORIES

357 kcal

INGREDIENTS

- 1/2 c sun-dried tomatoes
- 1 garlic clove peeled and halved
- 1/2 c molasses
- 3 Tbsp cider vinegar
- 1 tsp prepared mustard
- 1/2 tsp salt
- 1/4 tsp coarsely ground pepper
- 1 - 8 oz package of plain seitan cubed (or swap tofu for gluten free)
- 2 cans 15 ounces each pinto beans, rinsed and drained
- 1 medium green pepper diced
- 2 celery ribs diced
- 1 c chopped sweet onion
- 1/4 c minced fresh parsley
- 14 c romaine lettuce

INSTRUCTIONS

1. Place garlic and tomatoes in a food processor; cover and process until chopped. Add the molasses, vinegar, mustard, salt, pepper and reserved oil. Cover and process until smooth.
2. In a large bowl, combine the seitan, beans, green pepper, celery, onion and parsley. Add dressing and toss to coat. Cover and refrigerate for at least 2 hours.
3. Put 2 c of romaine lettuce into each of 7 containers, top with equal portions of the salad. Store in fridge.

NUTRITION

Nutrition Facts

Pinto & Seitan Salad with Molasses Dressing

Amount Per Serving (1 serving)

Calories 357 Calories from Fat 27

% Daily Value*

Fat 3g **5%**

Carbohydrates 55g **18%**

Protein 27g **54%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!