

Christmas Salad with "Fried" Tofu



COOK TIME

20 mins

TOTAL TIME

25 mins



COURSE

Gluten Free, Lunch, Vegetables



SERVINGS

7

CALORIES

448 kcal

EQUIPMENT

- 1 Air Fryer
- Mixing bowls
- 1 whisk
- Small ramekins with lids
- Tupperware containers for storing the salad

INGREDIENTS

For the Salad:

- 14 c mixed spring greens
- 2.5 c mandarin orange segments
- 1 c pomegranate seeds
- 1 c Follow Your Heart feta cheese crumbled
- 1 c pecans roughly chopped
- 2 packages 15 oz each extra firm tofu, cubed
- 14 Tbsp chopped pistachios

For the Dressing:

- $\frac{1}{3}$ c olive oil
- 2 Tbsp apple cider vinegar
- 2 Tbsp maple syrup
- 4 tsp Dijon mustard
- 4 Tbsp apple cider vinegar
- 2 Tbsp shallot minced
- Salt and pepper to taste

INSTRUCTIONS

1. Place your tofu in your air fryer basket, sprinkle with sea salt, and air-fry at 400°F for 20 minutes, flipping once. You may need to do this in two batches depending on your air fryer. Let cool completely.
2. Place the mixed greens, oranges, pomegranate seeds, cooled tofu, feta cheese, and pecans equally in 7 large Tupperware containers.
3. Place all the dressing ingredients in a small bowl, whisk until smooth.
4. Place 2 tablespoons of dressing in each of 7 small ramekins with lids.
5. When ready to eat, drizzle the dressing over the salad mixture to taste, then gently shake the closed container to coat. You may have dressing left over. Serve immediately.

NUTRITION

Nutrition Facts

Christmas Salad with "Fried" Tofu

Amount Per Serving

Calories 448	Calories from Fat 234
% Daily Value*	
Fat 26g	40%
Carbohydrates 31g	10%
Protein 19g	38%

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



Tried this recipe?

Let us know how it was!