

Buffalo Tofu Salad with Creamy Ranch Dressing



PREP TIME

10 mins

COOK TIME

15 mins

TOTAL TIME

25 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

2 servings

CALORIES

552 kcal

INGREDIENTS

- 15 oz Extra Firm Tofu
- 1/2 Tbsp olive oil
- 2 Tbsp sriracha
- 1/2 Tbsp agave nectar
- 2 heads romaine hearts chopped
- 3 c red cabbage shredded
- 1 c Baby Carrots shredded
- 3 stalks celery chopped
- 1/2 c raw cashews
- 1 large lemon (used in 2 steps)
- 1 clove garlic peeled
- 2 tsp miso
- 2 tsp dijon mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 6 inch Joseph's flax, oat and bran pitas (or GF pita to make recipe GF)

INSTRUCTIONS

1. Preheat the oven to 350°F/175°C.
2. Drain the tofu and cut into 1/2" cubes. Cover with a paper towel and place a cutting board on top to let the excess water drain.
3. Add cashews to a small pot with 2 cups of water and bring to a boil. Remove from heat and let sit aside for 10 minutes.
4. Slice the lemon in half and juice into a small bowl, careful to avoid seeds.
5. In a large skillet, heat 1/2 tablespoon (3g) of olive oil over medium heat. Add the tofu and sauté until golden on all sides, about 5 minutes.
6. Line a baking sheet with parchment paper. Tear the pita bread into bite-size pieces. Lay flat on a baking sheet lined and bake for 8-10 minutes, until golden and crispy.
7. Whisk together the sriracha, 1 tablespoon (7g) lemon juice, and agave in a small bowl. Pour the mixture over the tofu and set aside to marinate.
8. To make the dressing, pour the cashews and 3/4 cup (180ml) of the soaking water into a blender. Pulse to combine. Add 2 tablespoons lemon juice (15ml), 1 garlic clove, miso paste, dijon mustard, garlic and onion powder into the blender. Blend until you have a smooth and creamy consistency.
9. Combine the romaine lettuce, cabbage, carrots, and celery to a large bowl. Add the dressing and toss well. Top with tofu and pita croutons. Enjoy!

NUTRITION

Nutrition Facts

Buffalo Tofu Salad with Creamy Ranch Dressing

Amount Per Serving

Calories 552	Calories from Fat 243
% Daily Value*	
Fat 27g	42%
Carbohydrates 45.5g	15%
Fiber 14g	58%
Protein 33.3g	67%

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



Tried this recipe?

Let us know how it was!