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|  | **Ingredients** | **Step** |
| Tropical Carrot Salad | 2 cups  shredded **carrots** (2 to 3 carrots)  1 cup  unsweetened **pineapple tidbits**, drained  3⁄4 cup  **raisins**  1⁄4 cup  low-fat **mayonnaise** or low-fat **plain yogurt**  1⁄4 cup  **sunflower seeds** or **slivered almonds** | 1. Drain and press tofu to remove extra liquid.  Crumble; set aside. 2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, 5-7 minutes. 3. Add spinach, garlic, salt and pepper.  Stir to combine. 4. Add tofu; cook and stir until heated through.  Sprinkle cheese over the top.  Serve hot. 5. Refrigerate leftovers within 2 hours. |