

JUL 28, 2015

FOOD & RECIPES

# Soba Salad with Grilled Tofu

By The Good Housekeeping Test Kitchen



Mike Garten

Make your own ponzu with 3 tablespoons soy sauce and 1 tablespoon lime juice.

LEVEL: Easy

SERVES: 4

## Ingredients



Kosher salt

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black pepper

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8 oz. soba noodles

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5 oz. baby spinach

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1/4 c. ponzu sauce

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6 radishes, thinly sliced

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1/4 c. peanuts, chopped

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## Directions

- 1 Cut tofu into 1/2 inch thick slices; press dry with paper towels. Season with salt and pepper. Grill on medium-high 10 to 15 minutes, covered turning once. Cut into bite-size pieces.
- 2 Meanwhile, cook soba noodles. Place baby spinach in colander in sink; drain hot noodles directly over spinach. Rinse with cold water; drain well. Toss with ponzu sauce, radishes, and grilled tofu. Top with peanuts.

About 360 cal, 18 g protein, 51 g carbs, 10 g fat (1 g sat), 6 g fiber, 775 mg sodium

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