Tofu Taco Salad

Ingredients
For the taco filling:
• 1 pkg. of San Diego Soy Dairy Tofu
• 1 teaspoon of Tajin
• 1 teaspoon of chili powder
• 1 bell pepper (color of choice)
• 1/2 onion (red, yellow or white)
• 1 clove of garlic
• 1 TBSP cooking oil
• Salt and pepper to taste

For garnish:
• 8 cups chopped lettuce (romaine or spring mix)
• Multigrain or Baked Tortilla chips
• 4 oz Guacamole (either pick up a kit at the Markets or grab a side to go from Goody’s)
• Lime

Directions
1. Drain tofu and pat dry with a paper towel. Begin to “shred” or “scramble” tofu into small pieces using clean hands.
2. Chop bell pepper, garlic, and onion. Heat 1 TBSP of oil on the pan and cook veggies that you just cut.
3. Once veggies have had time to cook, put tofu in as well as the chili powder and Tajin.
4. Once tofu has been cooked, garnish bowl with chips, lettuce, and guacamole to taste - top off with tofu and lime.

Serves: 4; analysis includes 1 serving of chips and 1 oz. guacamole

Ingredients for this tasty recipe can be found at all of the HDH Dining Services Markets.
Simple Side Suggestions

Meet Theresa Vu, NNM Foodie Contest Winner. Since she likes things to be even, she eats pizza sideways so that she can alternate every bite of pizza with a bite of crust. What a great way to keep things balanced!

Theresa’s easy-to-make Tofu Taco Salad is a great source of filling fiber AND heart healthy omega-3 fatty acids.

For more great ideas, check out the Dining Services Youtube Playlist:
http://tinyurl.com/lvwc5h6