



Tofu, Mango, Avocado, and Cucumber Salad

5 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 pack of firm or extra firm tofu
- 1 Tablespoon corn starch
- 2 Tablespoons olive oil, 1 Tablespoon divided
- 1 avocado, deseeded and chopped
- Juice of 1 lemon
- 1 mango, chopped
- ½ cucumber, chopped
- Splash of olive oil
- 1 Tablespoon dried thyme

DIRECTIONS

1. Remove tofu from the package. Pat dry with paper towels to remove excess water. You can also “press” the tofu to remove additional water with a tofu press or by putting it in between a layer or paper towels with a heavy object (a can of food, cookbook, pan, etc.) on top. Let the tofu sit for at least 15 minutes.
2. Cut the tofu into cubes. Add to a bowl with cornstarch and 1 Tablespoon olive oil. Toss to evenly coat tofu.
3. Add to a griddle pan or skillet. Cook on high heat and sear on each side for 2 - 3 minutes, or until the sides of the tofu are golden. Remove from the pan and set aside to cool.
4. In a large bowl, add the chopped avocado, mango, cucumber, lemon juice, remaining olive oil, and thyme.
5. Add the tofu and gently stir to combine.

Nutrition Facts	
5 servings per container	
Serving size 1 cup (208g)	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 3mg	15%
Potassium 296mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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