



## TheNakedLabel Cooking Segment

### *Summer Tofu Salad*

I love to eat this salad during the summer months. It is delicious and nutritious. I usually eat it as my main for lunch but it is also a great side salad.

### *Ingredients*

#### **Salad Ingredients**

- 1/4 Block of Firm Tofu (I use an herb flavoured variety)
- 1/2 Container of Cherry Tomatoes
- 1/4 Cup Red Onion
- 1/2 a Cucumber
- 1/4 Cup of Chopped Walnuts

#### **Dressing Ingredients**

- 1 1/5 Tbs Extra virgin olive oil
- 1 Tbs Balsamic vinegar
- 1/2 Tsp Honey
- Pinch of Salt



### *Directions*

Chop the tofu into cubes, cut the cherry tomatoes in half, and chop the red onion and cucumber. Put these ingredients in your bowl. In a container with a tight fitting lid combine the olive oil, balsamic vinegar, honey, and salt. Shake the container vigorously. Pour the dressing onto the salad. Sprinkle the chopped walnuts on top. Toss the salad.

**Tip:** The salad is also great served with a piece of whole grain toast or baguette. I recommend dipping the bread into the leftover dressing at the bottom of your bowl.

Enjoy!

