



GINGER TOFU CUCUMBER SALAD



INGREDIENTS

ITEM	QUANTITY
• Firm or Extra-firm Tofu, Pressed and Cut Into Cubes	12 Oz.
• Cornstarch	1 Tbsp.
• Garlic-infused Olive Oil	1 Tbsp.
• Salt and Black Pepper	
• Sliced Cucumber	2 Cups
• Shredded Carrots	½ Cup
• Thinly Sliced Red Bell Pepper	¼ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Sesame Seeds	1 tbsp.
• Chopped Fresh Cilantro	2 Tbsps.
• Tamari	1½ Tbsp.
• Rice Vinegar	1 Tbsp.
• Sesame Oil	1 Tsp.
• Pure Maple Syrup	1 Tsp.
• Freshly Grated Ginger	1 Tsp.
• Water	1 Tbsp.

SERVING SIZE

½ OF RECIPE



PREPARATION

- Preheat oven to 425°F or air fryer to 400°F.
- Pat the tofu very dry.
- Toss the tofu with cornstarch, garlic-infused olive oil, salt, and pepper.
- Arrange the tofu in a single layer.
- Bake for 25–30 minutes, turning halfway through, or air fry for 15–18 minutes, until golden and crispy.
- While the tofu cooks, whisk together the dressing ingredients.
- Combine the cucumber, carrots, red bell pepper, green onion tops, sesame seeds, and cilantro.
- Allow the tofu to cool slightly.
- Add the tofu to the cucumber mixture.
- Drizzle with the ginger sesame dressing and toss gently.