

Tofu and Tomato Salad

豆腐とトマトのサラダ

● Ingredients (1 serving)

¼ Pack Firm Tofu

1 Medium Tomato

½ Tbsp. Extra Virgin Olive Oil

Lemon Juice from ½ Small Lemon

Salt and Pepper

- Preheat oven to 400 °F

- Cut



Slice a washed tomato and ¼ pack of firm tofu.

- Roast



This is totally optional. You can make this salad without roasting.

Place them on a greased pan and roast 10 minutes.

● Dressing



Combine lemon juice from $\frac{1}{2}$ small lemon, $\frac{1}{2}$ Tbsp. of extra virgin olive oil, and a pinch of salt and pepper. Mix well.



Place the tomato and the tofu on a serving dish and drizzle with the dressing.