



Grilled Cesar Salad With Tofu

Ingredients:

- 3-4 romaine hearts
- 1 block extra firm tofu
- 3-4 TBSP olive oil
- Salt and pepper, to taste

Dressing

- 1/4 cup extra virgin olive oil
- 2 TBSP apple cider vinegar
- 3 TBSP lemon juice
- 1 tsp garlic powder
- 1 tsp dijon mustard
- 1 tsp salt
- 1 tsp pepper
- 2 TBSP nutritional yeast (optional, but encouraged!)
- Water, to desired consistency

Directions:

1. Preheat grill to medium high heat; Press tofu: Remove from the package and let rest on paper towels for about 15-20 minutes
2. Prepare Cesar dressing: Combine all ingredients in a small bowl and whisk until well-combined; Set aside
3. Cut tofu into slices and chop off romaine ends; Drizzle with olive oil, salt, and pepper; Grill on each sides, flipping after 1-2 minutes until lightly browned
4. Remove from grill; Serve with dressing
5. Enjoy!

Cookware needed:

- Grill
- Paper towels
- Cutting board
- Small bowl
- Whisk or spoon
- Serving dish

Cost: \$

Ease:

Tofu is a complete plant-based protein high in fiber, potassium, magnesium, iron, and other minerals. This helps keep us fuller and is suitable for vegans! Romaine lettuce is high water and low low in sodium. This helps keep us hydrated and maintains fluid and electrolyte balance! This dressing is low in saturated fat and high in monounsaturated fats from olive oil which protects heart health!