

Grilled Buffalo Tofu Salad, Blue Cheese, Buttermilk Avocado Dressing

Serving Size: 1 salad

Makes 4 servings

Grilled Buffalo Tofu

1 block tofu, extra firm
2 ½ tbsp buffalo wing sauce
1/8 tsp salt
1/8 tsp ground black pepper
as needed cooking spray

Buttermilk Avocado Dress (low fat)

1 1/3 oz fat free Greek yogurt
¼ cup buttermilk
2/3 oz avocado, peeled, cubed
1/8 oz shallots, chopped
2 tsp Italian parsley, chopped
1/8 tsp garlic, chopped
1/8 tsp ground black pepper
1/8 tsp salt

Salad

1 lb. romaine lettuce, chopped
¼ cup blue cheese, crumbled
16 each cherry tomatoes

Preparation:

1. Drain water from tofu blocks. Press between paper towels.*
2. Combine hot sauce, salt and pepper. Mix well to incorporate. Pour over whole tofu block and marinate for at least 2 hours. Reserve leftover hot sauce marinade.
3. Spray a pan with cooking spray. Grill tofu for about 2 minutes on each side. Cut into 1/2" cubes. Toss with leftover marinade. Tofu will still be mostly white in color.
4. Place yogurt in mesh strainer and place strainer over a bowl. Let sit for 2 hours covered in a refrigerator, to allow liquid to drip out. Discard liquid and reserve solids.
5. Combine all dressing ingredients in a blender and process until smooth.
6. For each salad, toss together 4 oz of romaine, 4 each cherry tomatoes, 1 tbsp blue cheese, 1 fl oz (2 TBSP) avocado dressing and 4 oz wt. (1/4 block) of buffalo tofu.

*RD Note: Tofu will best absorb marinade if pressed overnight, in the refrigerator, to allow for the most moisture to be released.

NUTRITION FACTS

PER SERVING

calories	250
total fat (g)	13
saturated fat (g)	3
trans fat (g)	0
sodium (mg)	475
total carbohydrate (g)	11
dietary fiber (g)	6
sugar (g)	4
protein (g)	25



RD APPROVED



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