



Layered Oriental Salad

Level: Easy

Prep Time: 40 minutes

Serves: 12

Cooking Time: -



Layer in a large clear serving bowl:

1 (16 oz.) block firm tofu, drained and cubed

$\frac{1}{2}$ of a sweet (Maui) onion, finely diced

1 large tomato, seeded and diced

1 (7 oz.) can Solid White Albacore Tuna in Water, flaked with a fork to separate the chunks

1 (10 oz.) package bean sprouts, washed and dried

1 (8 oz.) package baby spinach (stems removed) or 1 bunch watercress, washed and dried

$\frac{1}{2}$ (12 oz.) bottle Takuwan (Japanese pickled radish), drained and sliced into strips

1 (4 oz.) container Taegu (Korean seasoned shredded Pollock), cut into 1 inch pieces

1 stalk green onion, chopped

After layering, chill the salad in the refrigerator until ready to serve. Serve with the following dressing:

Layered Oriental Salad Dressing:

$\frac{1}{2}$ cup vegetable oil

$\frac{1}{2}$ cup shoyu (soy sauce)

2 Tbsp. Japanese rice vinegar

1 Tbsp. sesame oil

1 clove garlic, minced

1 inch piece of fresh ginger, skin removed and minced

1 stalk green onion, chopped

Mix all dressing ingredients and chill in the refrigerator until ready to serve. Shake well before pouring over the entire salad or your individual serving of salad.

Notes:

- Substitute canned salmon in place of the canned tuna.
- If you desire, add roasted sesame seeds to the dressing.