

# Grilled Asian Salad

*Try this simple salad that is packed with flavor!*

Serves 4

## Ingredients

### *Dressing:*

1/4 cup (60 mL) orange juice  
1 tsp (5 mL) sesame seed oil  
2 tsp (10 mL) soy sauce  
1 tsp (5 mL) orange zest  
1/2 tsp (2 mL) hot sauce  
1/4 tsp (1 mL) ground ginger  
Salt and pepper to taste

### *Salad:*

12 asparagus spears, julienned  
1/4 red pepper, julienned  
1/4 yellow pepper, julienned  
1/4 zucchini, julienned  
1/4 red onion, julienned  
2 Tbsp (30 mL) olive oil  
45 g tofu, firm  
4 English cucumbers, seeds removed, julienned  
Handful cilantro leaves  
4 handfuls watercress



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## Directions

Preheat barbecue to high.

For dressing: Place all ingredients in a bowl, whisk together, and adjust seasoning to taste. Set aside.

For salad: Add asparagus, red pepper, yellow pepper, zucchini and red onion to medium-sized bowl.

Add 1 Tbsp (15 mL) olive oil, season with salt and pepper, and toss to coat.

Place vegetables in a grill basket and grill until vegetables begin to soften. (Or place vegetables on grill across grates to ensure they don't fall through.)

Cut tofu in half to make two flat pieces. Brush on all surfaces with remaining olive oil. Grill tofu until crispy on all sides. Slice width-wise into 1/2-cm strips and add to grilled vegetables.

Add dressing, cucumber and half of the cilantro, and gently toss together.

Place equal amounts of watercress on four plates. Top with equal amounts of salad.

Sprinkle with remaining cilantro leaves.

## Nutritional Information per serving

159 calories, 5 g protein, 9 g fat (1 g saturated fat), 18 g carbohydrates, 4 g fibre, 0 mg cholesterol, 207 mg sodium

Source: Best Health Magazine, Summer 2010