

# Grilled Asian Salad

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

*This recipe makes 4 servings*

## 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 firm tofu
- 4 English cucumbers, seeds removed, julienned
- Handful cilantro leaves
- 4 handfuls watercress



## Directions

1. Preheat barbecue to high.
2. For the dressing: Place all ingredients in a bowl, whisk together, and adjust seasoning to taste. Set aside.
3. For the salad: Add asparagus, red pepper, yellow pepper, zucchini, and red onion to a medium-sized bowl.
4. Add 1 Tbsp (15 mL) olive oil, season with salt and pepper, and toss to coat.
5. Place vegetables in a grill basket and grill until vegetables begin to soften. (Alternatively, place vegetables directly on the grill across the grates to prevent them from falling through.)
6. Cut tofu in half to make two flat pieces. Brush all surfaces with the remaining olive oil. Grill tofu until crispy on all sides. Slice width-wise into 1/2-cm strips and add to the grilled vegetables.
7. Add dressing, cucumber, and half of the cilantro, and gently toss together.
8. Place equal amounts of watercress on four plates. Top with equal amounts of salad.
9. Sprinkle with the remaining cilantro leaves.



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## Nutritional Information per serving:

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

**Source:** Best Health Magazine, Summer 2010 (<https://www.besthealthmag.ca/recipes/grilled-asian-salad/>)



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