



Recipes

Salads

Asian Watercress Salad

Prep Time: 4 minutes

Yield: 4 servings

Ingredients:

- 1 bunch washed watercress
- 1 cup carrots, grated
- 1½ tablespoons toasted sesame oil
- 2 tablespoons umeboshi plum vinegar
- ½ cup baked tofu

Directions:

1. Tear watercress into small pieces.
2. Mix with carrots in a salad bowl.
3. Drizzle sesame oil and vinegar over salad and toss.
4. Dice tofu into bite-size pieces.
5. Serve in individual salad bowls and sprinkle tofu onto each.