



# Recipes

## Salads

### **Tricolor Salad with Creamy Raspberry Dressing**

*Prep Time: 10 minutes*

*Cooking Time: none*

*Yield: 4 servings*

#### **Ingredients:**

- 2 Belgium endives or white part of curly chicory
- 1 head radicchio
- 1 bunch arugula

#### Dressing:

- 1 10-ounce package Mori Nu silken tofu
- 1 tablespoon canola oil
- 3 tablespoons raspberry or umeboshi vinegar
- ¼ cup water
- ½ teaspoon sea salt

#### **Directions:**

1. Wash and dry salad greens.
2. Arrange then over the individual salad platters.
3. Combine dressing ingredients in a blender and combine until smooth.
4. Drizzle dressing over the greens.