



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## **SOUTHWEST SALAD WITH CHILI-LIME TOFU NUGGETS AND AVOCADO DRESSING**

### *INGREDIENTS:*

#### **TOFU:**

- 1-14 oz pkg of SUPER firm tofu, TORN into bite-size chunks
- 1/3 C yeast flakes
- 1-3 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp veggie broth powder
- 2 TBS Braggs
- 2 TBS lime juice

#### **SALAD:**

- 4 C salad greens
- 1 1/2 C black beans, drained and rinsed
- 1 1/2 C black olives, sliced
- 1 1/2 C cherry tomatoes, sliced
- 1/2 C slivered red onion
- 1 1/2 C corn (drained and rinsed)

#### **TOFU:**

- Preheat oven to 425. In large bowl, combine all the ingredients EXCEPT tofu. This should create a thick-ish paste. If the mix is too thin, add more yeast flakes, if the mix is too thick, add water in small increments.
- Tear tofu into bite size chunks. (the paste holds onto rough edges opposed to smooth cut edges.) Lightly fold the chunks into the paste, being careful not to break the tofu too much. Set the tofu onto a parchment lined sheet and place in oven. Bake for 20-25 min. Or until nicely browned. Turn 1/2 way through.

#### **SALAD:**

- Add ingredients to a large bowl and toss. Top with Tofu and Cilantro Lime Avocado Dressing (see dressings)

### *DIRECTIONS:*



**GLUTEN-FREE**

