

Fresh Tomato and Tofu Salad

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This fresh salad, made with tomatoes, red onions, cucumber and tofu is light, fresh and filling. Perfect for either a starter or a main course.

Ingredients:

1 cucumber
3 tomatoes
1 red onion
1 x 400g tin kidney beans, drained and rinsed
100g firm tofu, drained
Handful freshly chopped basil
4 tbsp. extra-virgin olive oil
3 tbsp. balsamic vinegar
Salt and pepper

Directions:

1. Dice the cucumber. If it is particularly large, remove some of the seeds. Dice the tomatoes and finely slice the red onion. Dice the tofu.
2. Combine cucumber, tomatoes, red onion, kidney beans, tofu and basil in a bowl. Whisk the oil and vinegar together and season well, then pour over the salad. Toss to coat.

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