

BBQ Tofu Salad

This recipe is great for summer. Its light, refreshing and full of flavor.

Prep:
5 minutes

Cook:
10 minutes

Ready In:
15 minutes

Servings:
1



Ingredients

- 1/3 block tofu, pressed and drained
- 2 tbsp BBQ sauce
- 1/4 cup corn
- 1/2 cup black beans, rinsed and drained
- 2-3 cups lettuce or spring greens
- 1 tomato, diced
- 1/4 cucumber, diced
- 3 tbsp red onion, minced
- 3-4 tbsp fresh cilantro, minced

Dressing

- 1 cup hemp seeds
- 1 tbsp maple syrup
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dill
- 1/2 tsp salt
- 1/4 cup of water

Instructions

- 1 Cube your tofu and toss in the oven or air fryer on 400°F (205°C) for 5 minutes to cook a bit.
- 2 While the tofu is cooking, place your hemp ranch ingredients in a blender and blend until smooth, set aside.
- 3 In a large mixing bowl, add in your lettuce and 3-4 tbsp of the hemp ranch dressing and toss until coated.
- 4 Transfer to a serving bowl and top with the rest of your veggies. Once your tofu is done toss in BBQ sauce and add to the salad. Enjoy!