



Red Ogo and Tofu Salad

10 min

CA

4

Ingredients

Dressing

2 tbsp. rice vinegar

1 tbsp. sesame oil

1 1/2 tsp. honey/agave

1 in. ginger, grated

(Optional) Soy sauce/tamari/liquid amino acids

Base

1 c. red ogo, torn or chopped

1 c. (~2 small Japanese/Persian) cucumbers, sliced

6 oz. firm tofu, cubed

Garnish

Chives, chopped

Black sesame seeds

In a bowl, combine sesame oil, rice vinegar, honey and ginger.

Add seaweed, cucumbers and tofu and mix by tossing. If additional salt desired, add soy sauce.

Serve immediately with a garnish of chives and sesame seeds.

Species Group

Seaweed