

Tomato, Nectarine & Silken Tofu Salad

Makes 4 servings

This salad has bold flavors while being kid-friendly, and silken tofu is a great plant-based source of protein. Your child can mix the dressing, scoop the tofu, and sprinkle the herbs.

Ingredients

For the dressing

- 1 tablespoon olive oil
- 1 ½ teaspoons balsamic vinegar
- 1 ½ teaspoons rice vinegar
- 1 ½ teaspoons sesame oil
- 1 ½ teaspoons low-sodium soy sauce or tamari

For the salad

- 2 medium tomatoes, cut into 1-inch chunks
- 2 nectarines or peaches, pits removed and cut into 1-inch chunks
- 1 14-ounce package silken tofu, drained
- Salt
- 1 handful basil leaves, roughly chopped
- 2 tablespoons mint leaves, roughly chopped



Photo: NYT Cooking

Directions

1. *Make the dressing:* Combine all the dressing ingredients in a small bowl and mix well with a fork.
2. *Make the salad:* Place the nectarine (or peach) and tomato pieces on a large serving dish and sprinkle them with a pinch of salt to draw out their juices.
3. Gently pat the tofu dry with paper towels. Using a large spoon, scoop portions of the tofu and place on top of the nectarines and tomatoes. Sprinkle a pinch of salt on the tofu mounds.
4. Spoon the dressing over the salad and sprinkle with the herbs.

Scan this code with your phone's camera for more recipes and healthy eating tips

