

Chinese-Style Shredded Cold Vegetables and Tofu

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cold-tofu-recipe>

Ingredients:

- 3 tablespoons reduced sodium soy sauce natural
- 1 tablespoon toasted sesame oil
- 2 tablespoons granulated sugar natural, coconut sugar is good with this
- 3 tablespoons rice vinegar
- 1 turnip small, peeled and cut into 2- to 3-inch matchsticks
- 2 carrots medium, peeled and cut into 2- to 3-inch matchsticks
- 1/2 cucumber medium crisp, peeled and cut into 2- to 3-inch matchsticks
- 2 celery stalks medium, cut into 2- to 3-inch matchsticks
- teriyaki
- 8 ounces tofu
- 2 scallions green parts only, cut into 2- to 3-inch ribbons
- 3 ounces shiitake mushrooms stemmed and thinly sliced, see note
- 1/4 cup fresh cilantro minced
- hot red pepper flakes Dried, to taste
- romaine lettuce
- kale
- cashew optional
- sesame seeds optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 530 milligrams

8. Sugar: 10 grams

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