grilled pomegranate balsamic tofu salad



cook time:	prep time:	featured product:
5	**15**	**butter, plus!**

these pomegranate balsamic-marinated tofu skewers are a plant-based twist on barbecue for all to enjoy! on a bed of our butter, plus! and topped with pomegranate kernels, this salad is sure to be a sweet summery fave!

ingredients

4 servings

1 package **organicgirl? butter, plus!** ?
¾ cup **organicgirl? pomegranate balsamic dressing**, divided
14-16oz tofu
2 Asian or other firm pears, cored and cut into wedges
¼ cup pomegranate kernels

substitutions

? *substitute with* **butter, baby!**

directions

1. cut tofu lengthwise and place on a kitchen towel. place a cutting board on top and weight with a few cans (or whatever you have on hand) for 20 minutes.

https://iloveorganicgirl.com/wp-content/uploads/2019/05/OR2020_Microvid_Tofu_Salad_1_sq.mp4

2. slice tofu into about 2? squares and arrange in a baking dish.

https://iloveorganicgirl.com/wp-content/uploads/2019/05/OR2020_Microvid_Tofu_Salad_02_sq.mp4

3. coat tofu with ½ cup dressing. cover and refrigerate at least 1 hour and up to overnight. thread marinated tofu and pears onto skewers.

https://iloveorganicgirl.com/wp-content/uploads/2019/05/OR2020_Microvid_Tofu_Salad_03_sq.mp4

4. in a lightly oiled grill pan or skillet over medium-high heat, cook skewers until tofu is browned on all sides, 2-3 minutes per side.

https://iloveorganicgirl.com/wp-content/uploads/2019/05/OR2020_Microvid_Tofu_Salad_04_sq.mp4

5. in a large bowl toss lettuce with remaining ¼ cup dressing. divide lettuce between serving plates, top with tofu skewers, and sprinkle with pomegranate kernels.

https://iloveorganicgirl.com/wp-content/uploads/2019/05/OR2020_Microvid_Tofu_Salad_05_sq.mp4