

1st Place Winner: Creamy Roasted Red Pepper Vinaigrette

Chef Cherry Madole, The Tangerine Food Company, West Des Moines

Dressing Ingredients:

3 ounces soft silken tofu
1/2 cup chopped roasted red peppers 2 cloves garlic, minced
1 ounce freshly squeezed lemon juice
1/2 teaspoon smoked paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1/3 cup soy oil



In a blender, add all ingredients except oil. Process until smooth. Slowly add oil. Continue to process until creamy. Refrigerate for 4 hours or overnight for flavors to develop. Enjoy with your favorite salad greens.

Yield: 12 servings

Serving size: 1 ounce

This recipe makes 12 – 1 ounce servings.

Have leftovers? Here's an idea:

Mix 1/2 cup of vinaigrette with 1/2 cup sour cream and 2 tablespoons mayonnaise to make a creamy dip for raw vegetables or to spread on sandwich bread.

2nd Place Winner: Creamy Miso Slaw with Sesame Encrusted Ahi Tuna

Chef Cori Albers, Hy-Vee Market Grill, Des Moines

Dressing Ingredients:

1—12.3 ounce box silken tofu, cubed
3/4 cup ponzu sauce
3 tablespoons white miso
2 tablespoons garlic chili paste
2 tablespoons water
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon fresh ginger, minced
2 garlic cloves, minced
Salt to taste

Slaw Ingredients:

1 head Napa Cabbage, finely shredded
1/4 head red cabbage, finely shredded
6 scallion, cut on bias
1 red pepper, julienned
1/2 bunch cilantro, minced
1/2 bag shredded carrots, cut in half



Tuna Ingredients:

1/4 cup black sesame seed
1/2 cup white sesame seeds
4- 6oz Ahi tuna steaks, 1 inch thick
Kosher salt & freshly ground black pepper
2 tablespoons grapeseed oil

For Dressing:

In a blender, add cubed miso. In a large mixing bowl, add ponzu, miso, garlic chili paste, water, soy sauce, sesame oil, ginger and garlic; mix with a spoon to combine ingredients. Add mixture to blender. Blend until well combined. In a mesh strainer set over a bowl, pour dressing to strain. Season with salt to taste.

For Slaw:

In a large salad bowl, combine all ingredients. Add 1-1 ½ cups of dressing. Mix well.

For Tuna:

In a shallow dish, combine the two types of sesame seeds, stir to mix. On a large plate, season the tuna with salt and pepper. Dredge in sesame seeds, coat tuna evenly. In a nonstick pan, over medium heat, warm the oil until smoking. Arrange tuna in the pan. Cook until the white sesame seeds start to turn golden underneath. Carefully turn the tuna over. Cook for about 1 minute. Transfer the tuna to a cutting board. Cut into 1/4 inch thick slices.

3rd Place Winner: Southwestern Chopped Chicken Salad

Chef Scott Stroud, Orchestrate Hospitality, Des Moines

Dressing Ingredients:

2 tablespoons Silken Tofu
½ teaspoon Dijon Mustard
2 tablespoons cider vinegar
½ teaspoon salt
Dash of liquid smoke
¼ teaspoon Worcestershire sauce
2 tablespoons barbeque sauce
½ teaspoon lemon juice
¼ teaspoon turmeric
¼ teaspoon paprika
1 cup mayonnaise

Salad:

8 cups chopped greens
½ cup edamame
¼ cup diced tofu
2 tomatoes, diced

2 avocados, peeled and diced
¼ cup cheddar cheese
¼ cup black olives
¼ cup bacon, fried and crispy
½ cup pineapple
2 cups rotisserie chicken, cooked

For Dressing:

In a blender, add all ingredients except mayonnaise, purée until smooth. Add mayonnaise, pulse to combine. Set aside.

For Salad:

On a cutting board, separately chop all ingredients. In a large salad bowl, add all ingredients. Directly before serving, toss with dressing.

Yield: 8 servings

4th Place Winner: Soy Delicious! Vegan Creamy Parmesan Salad
Sous Kerri Rush, Fresh Market & Café, Des Moines

Dressing Ingredients:

1 cup olive oil
1/4 cup apple cider vinegar
1/4 cup lemon juice
3 teaspoons liquid aminos from soy protein
1 teaspoon yellow mustard
1 teaspoon smoked paprika
1 teaspoon smoked salt
4 teaspoons garlic powder
1/2 teaspoon celery seed
1 teaspoon agave nectar
1/2 cup soy mayonaise/veganaise
4 oz (1 container) Go Veggie Soy based Parmesan cheese
1- 12 oz package silken tofu

Salad Ingredients:

Romaine lettuce
kale
edamame, shelled
carrots, shaved.
homemade Crispy Croutons (Italian Bread cubed, tossed with olive oil, garlic powder, sea salt & pepper then baked at 350 until crispy)

For dressing:

In a blender, add all ingredients. Blend until well incorporated. Refrigerate until chilled. Best if left to chill overnight.

For salad:

In a large salad bowl, add all ingredients. Toss with dressing.