

**1st Place Winner: Farmer's Market Salad with
Smoked Tomato & Tofu Vinaigrette**

Chef Scott Stroud, Jethro's BBQ, Des Moines

Wood chips for smoking

Dressing Ingredients:

3 heirloom tomatoes (cored & quartered)
1 garlic clove
¼ cup Mori-Nu soft silken Tofu
1/8 cup red wine vinegar
¼ cup soybean oil
Salt & pepper to taste

Directions for Dressing:

In a shallow pan with a perforated pan on top, on high heat, place wood chips. Once woodchips are smoking, reduce to low heat and place whole tomatoes in the perforated pan above the woodchips. Cover and smoke tomatoes for 20 minutes. Remove and set aside to cool. Put out woodchips with cool water.

In a blender, add the first four ingredients. Puree until smooth. Slowly drizzle in soybean oil, salt and pepper to taste. Keep refrigerated until serving.

Salad Ingredients:

2 tablespoons balsamic vinegar
2 tablespoons white sugar
8 cups arugula
2-8 medium heirloom tomatoes, halve or quarter (depending on size)
1 cup white cheddar cheese, shredded into long pieces
8 ounces prosciutto, sliced paper thin
2 ears Iowa sweet corn, corn removed from cob
1 cucumber, on a spiral cutter cut into slices

Garnish:

4 tablespoons Balsamic glaze
12 ounces firm tofu, pressed and pat dry
Smoked paprika to taste

Directions for Salad:

On a cutting board, cut dried tofu into cubes. In a frying pan, on medium heat, fry in batches until crispy like croutons. Set aside.

In a sauce pan on low heat, add equal parts balsamic vinegar and sugar. Reduce until thick to create homemade balsamic glaze. Reserve 4 tablespoon for garnish

In a large bowl, toss arugula in dressing. Divide between 4 salad plates. Top each plate with tomatoes, cheese, prosciutto, tofu, corn and cucumber. Garnish plate with balsamic glaze, tofu croutons and smoked paprika.



2nd Place Winner: Silken Green Goddess Dressing

Chef Alex Strauss, Hy-Vee Market Café, West Des Moines

Dressing Ingredients:

1 – 12 oz. box Mori-Nu soft silken tofu
2 avocados
Juice from 1 lemon
¼ cup extra virgin olive oil

Directions for Dressing:

In a blender, add all ingredients. Blend until smooth. Serve over lettuce salad. Enjoy.



3rd Place Winner: Creamy Apple Vinaigrette

Chef Pam Oldes, On The Green, Oskaloosa

Dressing Ingredients:

1 pound Mori-Nu soft silken tofu
½ cup apple juice
½ cup plus apple cider vinegar
2 teaspoons white onion, minced

Salad Ingredients:

Baby spinach
Candied walnuts
Green apples, diced
Goat cheese

Directions for Dressing:

Add first 8 ingredients to food processor or blender. Blend until smooth. Slowly add oil to mixture and blend until smooth and mixture has thickened. Refrigerate for 4 hours or overnight so the flavors can meld.

Directions for Salad:

Add ingredients for salad into serving bowl.
Top with dressing. Enjoy

4th Place Winner: Almond + Sesame Vinaigrette

Sous Chef Jared Harlan, Table 128 Bistro + Bar, Clive

Dressing Ingredients:

3 tablespoons Mori-Nu soft silken tofu
4 tablespoons almond butter
3 tablespoons rice vinegar
1 tablespoon soy sauce
1 teaspoon garlic, minced
2 teaspoons ginger, minced
2 teaspoons sesame oil
1 teaspoon chili flake
1 tablespoon cilantro
3 tablespoons water
Salt, to taste

Directions for Dressing:

In a blender, add the first nine ingredients and blend. While blending, slowly pour in water. Blend until smooth. Serve over lettuce. Enjoy.