

Orange Walnut Tofu Dressing

Created By: George Migliero:

¼ cup	Diced Shallots
¼ cup	Dijon mustard
½ cup	Honey
1 cup	Reserved White Wine Vinegar
½ cup	Orange Juice Concentrate
¼ tsp	White Pepper
½ tsp	Salt
1 tsp	Orange Zest

Blend All Ingredients Above

Then add Tofu and Blend until smooth
6oz of Silken Tofu (soft)

Next incorporate oils by slowly pouring into the mixture and blend

½ cup Soybean Oil
1 cup Walnut Oil

Must be kept refrigerated

YIELDS: 46oz/ Approx 24 portions



Orange Ginger Soy Shrimp Salad

Created by: Jessi Dolson

What You Need:

2 oz. Mori-Nu Soft Silken Tofu
½ cup original flavor soy milk
Zest of 1 orange
½ cup fresh orange juice
2 tbsp fresh lemon juice
2 tbsp grated ginger
3 large cloves of garlic grated
1 tbsp honey
1 tbsp soy sauce
1 tbsp toasted sesame oil
2 tbsp rice wine vinegar
¼ tsp red pepper flake
1 tsp of salt

Directions:

In the food processor bowl, add the soft silken tofu, soy milk, orange juice & zest, lemon juice, ginger, garlic, honey, soy sauce, sesame oil, red pepper flake and vinegar. Blend until smooth. Season with salt. Stir to combine and place in storage container. Refrigerate until ready to use.

What you Need For the salad:

64 large (26/30) raw shrimp, peeled, deveined, and tails removed, about 4 lbs.
About ¼ cup orange pepper pineapple seasoning
24 cups chopped romaine
2 cups orange ginger dressing
2 cups diced pineapple
1 large red pepper, julienne
1 large green pepper, julienne
2 oranges segmented
8 green onions sliced thin
8 skewers
High heat cooking spray

Directions:

- Prepare a grill or flat top. Spray with cooking spray.
- Thread 8 shrimp on each skewer, going through the top and bottom of the shrimp, so they lay flat on your cooking surface.
- Season with the orange pepper pineapple seasoning.
- Grill the skewers for about 2-3 minutes per side over medium high heat. Remove from heat and keep warm.
- Grill the red pepper and pineapple until al dente, remove from heat & keep warm.
- Toss 3 cups of chopped romaine per person in a bowl with 1/4 cup of dressing.
- Top each salad with: 1 shrimp skewer: a little of the grilled peppers and pineapple, 4 orange segments, and green onions.

Creamy Pesto with Balsamic

Created by: Joe McConville

What You Need:

- 1 box Mori-Nu Soft Silken Tofu
- 1 Cup Soybean Oil
- 12 cloves of Garlic
- ½ Cup Walnuts, dry roasted no salt
- 2 TBSP Banana Pepper Brine
- 1 tsp Red Pepper Flake
- 1 ½ tsp Salt
- 1 tsp Black Pepper
- 4 tsp Honey
- 4 tsp Italian or Gusto Seasoning
- 1 Cup Balsamic Vinegar
- 3 oz Basil, fresh

(Gusto Seasoning is Available at Gusto Pizza or Allspice)

Directions:

Add Balsamic Vinegar, Basil, Walnuts, Garlic and brine into food processor. Blend until smooth, scraping down sides as needed. Add all ingredients except soft silken tofu and blend on high for 2 minutes. Scrape down sides and add soft silken tofu. Blend until smooth. Transfer to food safe container and chill. Works well as salad dressing, sandwich spread, or even on pizza.

Lemon Mint Tofu Dressing

Created by: Tyler Kubiak

What You Need:

- 1 Block of Mori-Nu Soft Silken Tofu
- ¼ cup Soybean Oil
- ½ cup Fresh Mint
- ½ cup Lemon Juice
- 1 Garlic Clove
- 1 tsp of Sugar
- ¼ tsp of Salt and Pepper
- Lemon Zest

Directions

Blend all ingredients together.

Garnish with Lemon Zest

Serve over your choice of fresh mixed greens!