

Salad Recipes

Quinoa Salad with Crispy Tofu Cubes and Lime Vinaigrette



Ingredients

- 1 large sweet potato, cut into chunks
- 2 tablespoons olive oil
- salt and ground black pepper to taste
- 2 cups chicken broth
- 1 cup quinoa, rinsed
- 1 (12 ounce) package extra-firm tofu, cut into 1-inch cubes
- 2 tablespoons all-purpose flour
- 2 tablespoons cornstarch
- 2 teaspoons garlic powder
- 1/4 cup vegetable oil
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic powder

- 1/4 teaspoon ground cumin
- 1 avocado, diced
- 2 cups mixed greens with spinach
- 1 cup bite-sized broccoli florets
- 1/2 cup diced red bell pepper
- 1/4 cup capers
- 7 leaves fresh basil, cut into strips, or more to taste

Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Toss sweet potato with 2 tablespoons olive oil, salt, and pepper on a baking sheet; spread out in an even layer.
3. Roast sweet potato in the preheated oven until soft, about 20 minutes.
4. Bring chicken broth to a boil in a saucepan. Reduce heat to low; stir in quinoa. Cover and simmer until quinoa is tender, about 30 minutes. Place in the refrigerator to cool.
5. Bring a pot of generously salted water to a boil. Remove from heat; add tofu cubes. Let soak for 15 minutes. Drain and pat dry with a clean dish towel.
6. Mix flour, cornstarch, garlic powder, salt, and pepper together in a shallow bowl. Toss tofu cubes in flour mixture until evenly coated.
7. Heat 1/4 cup vegetable oil in a large skillet over medium-high heat. Cook tofu cubes in 2 batches until browned, about 20 seconds per side.
8. Place 3 tablespoons olive oil, lime juice, Dijon mustard, garlic powder, cumin, salt, and pepper in a jar. Seal and shake well to make dressing.
9. Pour dressing into a large bowl. Add sweet potato, tofu cubes, avocado, mixed greens, broccoli, red bell pepper, capers, and basil; toss to combine.
10. Divide quinoa among serving plates; top with sweet potato salad mixture.

Cook's Note

Don't overcook the tofu cubes. You want the outside brown and the inside hot, but not too dry.

Adapted from [All Recipes](#).