

Tofu, Edamame and Sweet Potato with Miso Dressing

Prep time:

10 minutes

Cooking time:

15 minutes

Yields:

4-6 servings

Ingredients:

- 2 medium sweet potatoes, diced
- 1 block extra firm tofu, pressed and diced
- 2 cups shelled edamame
- 3 green onions, thinly sliced
- 1 1/2 tablespoons miso paste
- 2 tablespoons rice vinegar
- 1 1/4 tablespoons honey
- 1 tablespoon minced fresh ginger root
- 1 tablespoon sesame oil
- 1 1/2 teaspoons lime juice
- 1 teaspoon toasted sesame seed
- salt and pepper to taste

Directions:

Preheat oven to 350 degrees. Place tofu on lightly sprayed baking sheet. Season with salt and pepper and bake in oven for 12-15 minutes until lightly browned. While tofu is baking, blanch sweet potatoes in boiling water until soft. Remove from water and let cool. Remove tofu from the oven and allow to cool also. Make the dressing while tofu and sweet potatoes cool.

For the dressing:

Whisk miso paste into rice vinegar in a bowl until smooth. Stir honey, ginger, sesame oil, lime juice, and sesame seeds into the vinegar mixture.

In a mixing bowl mix together tofu, edamame, sweet potatoes, green onions and miso dressing.

Chef Mat Shalenko