

## Mex Tofu Salad

- 2 tablespoons canola oil
- 2 cloves garlic, minced
- 1/2 onion, finely chopped
- 1/2 green pepper, diced
- 1 lb. tofu, well drained and diced
- salt and pepper to taste
- 2 teaspoons Mexican seasoning mix
- 2 1/2 cups cooked Kashi (1 cup uncooked)
- 1/2 head Romaine lettuce, shredded
- 2 tomatoes, diced
- 1/2 cup shredded cheddar cheese
- 1 avocado, peeled and diced
- 1/4 cup sour cream
- salsa to taste

Sauté garlic and onion in oil. Add green pepper and sauté.

Add tofu and sauté until lightly golden.

Drain. Season with salt and pepper if desired.

Add Mexican seasoning and Kashi.

Remove from heat and cool.

Combine lettuce, tomatoes, cheese, avocado and tofu mixture.

Add sour cream and toss lightly. Top with salsa and surround with chips and serve on tortillas.

**Note:** Kashi is a blend of 7 whole grains and sesame. It cooks up in 25 minutes.