

Spicy Grilled Tofu & Green Bean Salad
from [Love Every Bite](#)



15 oz extra-firm tofu
5 Tbsp low-sodium soy sauce
2 Tbsp toasted sesame oil
2 Tbsp mirin
1 tsp rice vinegar
1 tsp Vietnamese chili garlic sauce (I use one from Huy Fong Foods)
2 cloves garlic - minced
1 Lb frozen green beans
1 medium yellow onion - halved and cut into slivers
5 oz mixed greens

1. Wrap tofu in paper towels or a tea towel and squeeze gently to remove excess water. Re-wrap in a fresh, dry towel and allow to set for about 15 minutes.
2. Mix together soy sauce, sesame oil, mirin, vinegar, chili garlic sauce, and garlic in a 9" x 13" inch glass baking dish.
3. Unwrap tofu and pat dry. Slice into 3 pieces horizontally and then cut each of those pieces in half. Add tofu to marinade, turn over to coat, and let sit for 15 minutes.
4. Heat a cast iron grill pan over two burners on medium-high heat. Spray tofu with cooking spray on both sides, and grill until browned and crusty – 3 to 4 minutes per side.
5. Arrange greens on a large serving platter, and place grilled tofu on top.

6. While the tofu grills, add beans and onion to remaining marinade, and toss to coat.
7. Grill beans and onion, turning frequently with tongs, until beans are tender and browned – 8 to 10 minutes.
8. Arrange beans and onion on top of tofu. Pour any remaining marinade over salad and serve.

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