FURIKAKE TOFU SALAD  (4-6 servings)

3 Tbsp  Canola or vegetable oil
20 oz.  Firm tofu, drained, pat dried with paper towel and sliced into 8 pieces (for small children, cut each slice in half)
1 - 2 Tbsp  Toasted sesame oil
3 Tbsp  Sesame seeds, toasted (use white sesame seeds or a mixture of black and white)
¼ cup  Furikake, or shredded Nori*

1. Turn electric griddle on at 400°F.
2. Mix sesame seeds and Furikake together in a small bowl.
3. Brush tofu slices lightly on one side with canola oil (with a plastic spoon or brush) and place the oiled side down on the griddle to cook.
4. Check the bottom from time to time, and let the tofu slices cook until the bottom is golden brown.
5. Brush the top with a little canola oil and flip the tofu slices over.
6. Cook until the bottom is golden brown.
7. Place tofu slices on plates, brush top lightly with sesame oil, sprinkle Furikake on top.
8. Place over salad or noodles.

*Variations can be created substituting different kind of Furikake (Seasoning mix of nori/shredded dried seaweed, sesame seeds, bonito flakes etc.).
**The tofu can be added to a salad, somen noodles, or rice/fried.
Asian Pear Salad with Honey Miso Dressing  (Serves 4)

**Dressing:**  Yield: 1 cup Dressing, for 4-6 servings

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\begin{align*}
\frac{1}{2} & \text{ Tbsp} & \text{ Ginger, minced or grated} \\
\frac{1}{2} & \text{ Tbsp} & \text{ Garlic, minced} \\
2 & \text{ Tbsp} & \text{ Rice vinegar} \\
1 & \text{ Tbsp} & \text{ Honey} \\
2 & \text{ Tbsp} & \text{ Miso paste} \\
\frac{1}{2} & \text{ Tbsp} & \text{ Sesame oil} \\
\frac{1}{4} & \text{ cup} & \text{ Canola oil} \\
\frac{1}{8} & \text{ cup} & \text{ Water} \\
\frac{1}{2} & \text{ each} & \text{ Lemon for fresh lemon juice} \\
\text{Ground Pepper to taste}
\end{align*}
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1. Place all ingredients into a jam jar and shake to mix until smooth.
2. Season with pepper to taste. If dressing is too thick, add water to thin.

**Salad:**

4 leaves  Romaine lettuce, cut into thin threads
1 whole  Cucumbers, half-moon slices
1  Small carrot Carrots, julienned or coarsely grated
1 whole  Asian pears, thinly sliced
12 slices  Tofu slices
4 each  Iceberg Lettuce leaf (cup**)

**Optional:**

2 cups  Bean sprouts
Wonton chips

**To make iceberg lettuce cup:**
1. Cut off stem of lettuce
2. Cut lettuce in half, length wise (from the stem end to the top end)
3. Peel off lettuce leaves slowly. The natural shape of each leaf forms the cup.