

## *Salad No. I - The nourishing one!*



*Ingredients: Serves 2.*

*One handful field salad, one small broccoli, 1 package smoked tofu, olive oil, herb-flavored vinegar, 1Tsp mustard, salt, pepper, dried cranberries.*

*Preparation:*

*Cook the broccoli in salted water for app. 5 minutes. Cut into florets. Roast the cubed tofu in a pan without any oil until it smells deliciously. Combine the washed field salad, the broccoli florets and the tofu in a big bowl. Sprinkle with some dried cranberries. Prepare the dressing: Mix two TblSps olive oil with one TblSps herb-flavored vinegar and 1 TSp mustard. Add the dressing to the salad, season with pepper and salt.*

*Enjoy!*