

Bone Healthy Recipes

Mediterranean Salad with Pomegranate and Fava Beans

Ingredients:

3 ounces firm tofu with calcium-sulfate (it'll say "made with calcium-sulfate" on the label)
2 teaspoons extra-virgin olive oil
2 shakes table salt
4 tablespoons fava beans

For the dressing:

1/2 cup low-fat berry-flavored yogurt
2 teaspoons balsamic vinegar
1 teaspoon poppy seeds

For the salad:

3 cups mixed baby greens or arugula
2 pomegranates

Instructions:

1. Cut tofu into squares. Heat a skillet over low to medium heat with the olive oil. Add the tofu and salt and brown for 4 to 5 minutes, then add the fava beans and cook for another minute. Set aside.
2. Whisk together the dressing ingredients.
3. Fill a bowl with the greens. Cut the crown off the pomegranates, slice into sections, and roll out the juice sacs with your fingers. Toss into the salad. Add the tofu and fava beans.
4. Mix the salad with the dressing.

Nutritional Information: 495 calories; 18 g protein; 79 g carbohydrates; 7 g fiber;
17 g fat (3 g saturated); 3 mg cholesterol; 346 mg sodium; 495 mg calcium

serves one