

# Cucumber Tahini Noodles

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 14 oz package firm tofu, drained
- 2 tablespoons reduced sodium tamari
- 2-3 English cucumbers (4-5 cups)
- 2 carrots (1 cup)
- 2 stalks green onion, sliced
- 1 tablespoon sesame seeds for garnish

## Dressing:

- ½ cup tahini
- 1/3 cup lemon juice
- ¼ cup water
- 2 cloves garlic, minced
- 2 teaspoons sesame oil
- ½ teaspoon salt

## Directions

1. Preheat oven to 400°F. Grease a baking sheet or line with parchment paper.
2. To press the tofu, slice into 3 slices and place onto a towel on a cutting board. Top with another towel and a heavy plate or pan, press gently, and let sit for about 15 minutes.
3. Cut tofu into cubes and place into a medium bowl with tamari. Let marinate for 15 minutes if possible.
4. Place tofu onto baking sheet and bake for 25-30 minutes, flipping halfway, until golden brown.
5. Meanwhile, use spiral slicer to cut cucumber into “noodles.” Cut carrots using either a spiral slicer, julienne peeler, or grater.
6. Blend dressing ingredients in a blender or food processor, adding more water if necessary to reach desired consistency.
7. Combine vegetables, tofu and dressing just prior to serving. Top with green onions and sesame seeds to garnish.

## Notes

Note (if necessary)

Recipe from Spiralize This cooking class, Spring 2017