

## **1st Place: Creamy Mango Habanero Dressing**

**Chef Alex Strauss, Hy-Vee Market Café, West Des Moines**

### **Dressing Ingredients:**

1 -12 ounce package Mori-Nu soft silken tofu, drained well  
2 ripe mangos, peeled, roughly chopped  
½ to 1 fresh habanero chile, minced (depending on how spicy you want it)  
Juice of 2 limes  
2 tablespoons tamari soy sauce  
2 tablespoons honey  
½ cup soybean oil  
Salt and pepper



### **Directions for Dressing:**

Combine first 6 ingredients in a medium mixing bowl. Blend to puree with a hand wand or in a blender. Slowly add oil to emulsify while still blending. Taste and adjust seasoning with salt and pepper.

Serve over mixed local greens with avocados, hearts of palm, red peppers and Jamaican jerk pork

**Yield:** Salad dressing for 4 to 6 servings

This delicious dressing tastes decadent without the added calories of mayonnaise or sour cream. Perfect on any salad, pork or grilled fish.

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## **2nd Place: Avotziki Salad Dressing**

**Kerri Rush, Fresh Café and Market, Clive**

### **Dressing Ingredients:**

- 1 -12 ounce package Mori-Nu Soft Silken Tofu
- 1 ripe avocado, peeled and pitted
- Juice of 2 lemons
- 1 garlic clove diced
- 1 tablespoon Himalayan Salt

Blend in Blender until well mixed

### **Add in:**

- 2 tablespoons fresh chopped dill
- ½ medium cucumber finely diced

### **Directions for Dressing:**

Pulse until well mixed. Serve over chopped mixed lettuce, sliced Kalamata olives, cherry tomatoes, thin sliced red onion and toss with falafel croutons. Store excess in refrigerator.

**Yield:** 16 oz or salad dressing for 4 to 6 servings.



## **3rd Place: Tofu Soy Ginger Dressing**

**Chef Hassan Atarmal, Fresh Mediterranean Express, Waukee**

### **Dressing Ingredients:**

- ¼ cup soy sauce
- ½ cup white wine vinegar
- ¼ cup honey
- 1/3 cup minced ginger
- 1 ½ tablespoon dry mustard
- 1 tablespoon minced garlic
- 1 cup Mori-Nu soft silken tofu
- 1 cup soybean oil

### **Directions for Dressing:**

Blend all ingredients, adding oil slowly to the blender. Serve immediately over fresh romaine lettuce. Add tomato and cucumber slices as desired. Refrigerate excess.

**Yield:** Salad dressing for 6-8 servings

## **4th Place: Tofu Roasted Raspberry Chipotle Dressing**

**Chef Patrick Cashman, Guru BBQ, Des Moines**

### **Dressing Ingredients:**

6 ounces Mori-Nu Soft Silken Tofu  
½ cup Guru BBQ's Roasted Raspberry Chipotle Jam  
2 ¾ cup blue cheese crumbles, divided  
2 tablespoons Mrs. Bragg's Apple Cider Vinegar  
1 tablespoon sugar  
¼ teaspoon salt  
2 ½ cup toasted walnuts, divided

Iceberg lettuce, spring greens, and romaine trio mix

### **Directions for Dressing:**

In a food processor, combine tofu, jam, ¼ of the cheese crumbles (set aside the rest for garnish), cider vinegar, sugar, and salt. Pulse until smooth.

For each individual salad, toss 2 tablespoons of the dressing with greens; garnish with 2 tablespoons of cheese crumbles and 2 tablespoons of toasted walnuts.

**Yield:** 2 ½ cups or salad dressing for 20 individual salads.