



Summer SooFoo™ and Vegetable Salad

A main course that is hearty but light.
- Submitted by Melina B. Jampolis, M.D.

15 min prep | 65 min total
Serves 2-4

Ingredients:

2 cups SooFoo™
4 cups vegetable broth
3/4 cup peas (thawed frozen or canned, drained)
3/4 cup diced red bell pepper
1/4 cup thinly sliced green onions
4 tablespoons low-fat Italian dressing
1 teaspoon lemon juice
Salt

Instructions:

1. Cook SooFoo™ in vegetable broth for 45-50 minutes
2. Set aside to cool
3. Combine remaining ingredients in large mixing bowl and gently toss
4. Add SooFoo™ and stir gently
5. Salt to taste