

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE:       Marinated Balsamic Tofu and Crowd Pleasing Caesar Salad

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 3.5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Tempeh was impossible to find, but otherwise everything was easy to make and find. Ingredients can easily be used elsewhere
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Easy to prepare and well explained. The marinade does take a while but it's worth being patient for.
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 2/5
<i>Was the item fair in price?</i>	The seeds and nuts for the sauce add up, as well as half a cup of balsamic. Couldn't really swap for cheaper ingredients.
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	It is not that time consuming, but you do have to wait for the tempeh/tofu to sit.
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 5/5
<i>Did the end product look appealing?</i>	Yes, the balsamic tofu looks so unique! And the salad smelled so garlicky and good
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 5/5
<i>How did finished recipe taste?</i>	Super great taste, the sauce was creamy and rich, the balsamic was a perfect compliment with a tart and tangy taste. My boyfriend inhaled it
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great texture, the crunch of the parmesan and fresh lettuce was complimented by the chewy dense tofu
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Yes, very full and satisfied well into the night
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 3/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	This meal is a tad heavy on the fats (60%) and low on carbs (25%). There are cashews in the sauce which I'm not sure can be replaced for nut-free
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Yes, the dressing could freeze nicely and the balsamic tofu is good in the fridge a few days.
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	
<b>OVERALL SCORE:</b>	41.5/50

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