

BBQ Tofu Sliders and Strawberry Fields Salad

8 servings



Potomac Middle School's Lunch team won the 2026 Culinary Challenge with this dish. One judge said, "The salad was especially balanced and well composed. That sealed the deal."

INGREDIENTS

For the sliders and optional slaw

- Two 14-ounce blocks of **extra-firm tofu**, drained and pressed (see NOTE)
- 1 cup homemade or store-bought **barbecue sauce***
- 1 tablespoon **olive oil**
- 1 teaspoon **granulated garlic**
- 1 teaspoon **onion powder**
- 1 teaspoon **smoked paprika**
- ½ teaspoon **ground cumin**
- ½ teaspoon **table salt**
- 8 **slider-size buns**, toasted if desired, for serving

(Optional)

- 1 cup **shredded cabbage slaw mix**
- ¼ cup **plain non-dairy yogurt**
- 1 tablespoon **apple cider vinegar**
- 1 tablespoon **maple syrup**

For the salad

- 8 ounces **spring mix** or **mixed greens**
- 1 pint **fresh ripe strawberries**, hulled and sliced
- 15 ounces **canned, low-sodium chickpeas**, drained and rinsed
- 1 **small red onion**, halved and thinly sliced
- ¾ cup **olive oil**
- ¼ cup **balsamic** or **red wine vinegar**
- ¼ cup **granulated sugar**
- 1 tablespoon **Dijon mustard**
- ½ teaspoon **table salt**, or as needed
- ¼ teaspoon **freshly ground black pepper**
- 1 tablespoon **maple syrup** (optional)
- 1 cup **sweetened dried cranberries**, for garnish

DIRECTIONS

For the sliders:

1. Preheat the oven to 400 degrees F. Line a large, rimmed baking sheet with aluminum foil.
2. Cut the pressed blocks of **tofu** into a total of 8 equal slices. (Discard any drained liquid from the baking sheets.) Finely chop each slice.
3. Whisk together the **barbecue sauce, oil, garlic powder, onion powder, smoked paprika, cumin, black pepper**, and **salt** in a mixing bowl. Add the chopped tofu and toss to coat evenly.
4. Spread the coated tofu in an even layer on the baking sheet. Roast (middle rack) for 5 minutes, then stir to promote even browning; return to the oven and roast until browned on the edges for another 5 minutes. Scrape together and keep warm in a 200-degree F oven until ready to use.

For the optional slaw:

1. Toss together the **cabbage slaw mix, yogurt, apple cider vinegar**, and **maple syrup** in a medium bowl until well incorporated.

For the salad

1. Rinse and dry the **greens** and **strawberries**. Transfer to a mixing bowl, along with the **chickpeas** and **red onion**.
2. Whisk together the **oil, balsamic** or **red wine vinegar, sugar, Dijon mustard, salt**, and **pepper** to form an emulsified vinaigrette. Taste, and add the **maple syrup** if needed.
3. Drizzle some or all the vinaigrette over the salad, so that it's lightly coated. Scatter the **cranberries** on top.
4. When ready to serve, place equal portions of bbq tofu on the bottom half of each slider bun. Top with equal portions of the slaw, if using, and finish with top buns. Serve with the Strawberry Fields Salad alongside.



NOTE: To press the drained tofu, line a small, rimmed baking sheet with parchment paper, then place the two 14-ounce blocks on it, close together. Cover with another sheet of parchment and another small baking sheet, then weigh it down with a pot filled with water or heavy cans. Refrigerate for 24 hours.