

KALE AND TOFU SALAD

Preparation: **10** minutes | Cooking: **30** minutes | Servings: **4**

INGREDIENTS

1 14-ounce package
extra-firm tofu, cut into
cubes
1 bunch kale
1 lemon, juiced
1/2 red onion, thinly
sliced
2 cups shredded
red cabbage
1/2 cup millet or quinoa
5 tablespoons extra-
virgin olive oil
3 tablespoons tahini
2 tablespoons salted
roasted sunflower seeds

1 tablespoon toasted
sesame seeds
1 teaspoon honey
Salt and pepper



INSTRUCTIONS

Toast the millet/quinoa in a dry medium saucepan over medium heat, stirring occasionally, 3-5 minutes. Add 1 cup water and bring to a boil. Cover, reduce heat to medium-low and cook until water is absorbed, about 15 minutes. Meanwhile, pat tofu dry. Heat 3 tablespoons olive oil in a large nonstick skillet over medium heat. Add tofu and cook, turning once, until browned and slightly crisp, about 15 minutes. While both are cooking, chop kale leaves into bite-size pieces and place in large bowl. Add 1 tablespoon lemon juice and rub into kale with finger until kale softens, 3-5 minutes. Whisk the remaining lemon juice with the tahini and honey in a small bowl; add the remaining 2 tablespoons olive oil and whisk until smooth. Whisk in 2 tablespoons water and season with salt and pepper. Add 2 tablespoons dressing to the kale; add the cabbage, onion and a pinch of salt. Toss together. Add millet/quinoa to kale mixture along with sunflower seeds and sesame seeds. Top with tofu and serve!