

ASIAN QUINOA KALE SALAD

From the Kitchen of: Deanna Tregoning, Community Member

Preparation Time: 30 - 60 minutes | **Cook Time:** 30 minutes | **Yield:** 6 servings

Common Allergens: Sesame, Soy

This salad is delicious, high in protein, and can be made using a variety of vegetables easily found at a local farmers market. Deanna has been making this recipe for many years, since taking a whole foods cooking class in college. She reflects that she is very thankful to have learned the skill of using whole foods in cooking all those years ago.

INSTRUCTIONS:

- Preheat the oven to 425° F.
- First, make the dressing. Add all of the dressing ingredients to a small jar with a lid, then shake to mix. Set aside.

MAKE THE TOFU:

- In a medium-sized, oven-proof pan over medium heat, add the sesame oil and tamari, then heat for around 1 minute.
- Add the garlic and ginger, then cook for another 1-2 minutes.
- Add the tofu, mixing to coat well, then place in the oven.
- Bake for 30 minutes, stirring once halfway through.

MAKE THE QUINOA:

- Add the quinoa and 1 1/2 cups of water to a medium pot.
- Bring to a boil, then reduce the heat and let simmer with the lid on for about 15 minutes, or until all the water has absorbed and the quinoa is your desired texture.

ASSEMBLE THE SALAD:

- Add the kale and hot quinoa to a large bowl, then stir.
- Cover the bowl so that the steam from the quinoa cooks the kale slightly.
- Add half of the dressing, then stir again. Keep the dressed kale and quinoa covered until the tofu is done baking.
- Once the tofu is browned, add the hot tofu and stir to combine. Keep the mixture covered so the kale continues to cook, another 5 minutes or so.
- Allow the salad to cool at room temperature or in the fridge.
- Once cool, add the carrot, apple, green onion, and remaining dressing. Toss well.
- Garnish with sesame seeds, then serve and enjoy.

INGREDIENTS:

FOR THE DRESSING:

- 2 Tablespoons sesame oil
- 3 Tablespoons low-sodium tamari
- 3 Tablespoons balsamic vinegar
- 1 Tablespoon maple syrup
- 1 Tablespoon sambal oelek chili paste (optional)

FOR THE TOFU:

- 1 (16 ounce) block firm or extra-firm tofu, cut into small cubes
- 2 Tablespoons tamari
- 1 Tablespoon sesame oil
- 2-3 garlic cloves, minced
- 1-inch piece of ginger root, minced

FOR THE SALAD:

- 1 cup quinoa, rinsed and drained
- 1 bunch kale, finely chopped
- 1 medium/large carrot, shredded
- 1 small apple, sliced into matchsticks
- 2 green onions, chopped
- 2-3 Tablespoons toasted sesame seeds