

Recipe Card



Miso Cabbage Slaw with Tofu

Adapted from The Sprouted Kitchen blog by Sara Forte

Yield: 4 servings

Ingredients:

1 package 14 oz Firm Tofu or Tempeh, well drained

1 ½ Tablespoons Tamari

1 ½ Tablespoons Maple Syrup

1 Tablespoon Sesame Oil

Fresh Pepper

Toasted Sesame Seeds

4 cups Cabbage, shredded

½ bunch Scallions, thinly chopped

¼ bunch Cilantro

1 carrot, thinly sliced or peeled

1 apple, thinly sliced

¼ cup purple onion

¼ cup toasted sesame seeds or peanuts

Miso Dressing:

½ cup Greek Yogurt

1/8 cup rice vinegar

1 ½ Tablespoons Miso

2 cloves garlic, minced

½ Tablespoon Maple Syrup

1 Tablespoon Sesame Oil

1 teaspoon Tamari or Soy Sauce

½ Tablespoon Ginger, grated

½ teaspoon Red Pepper

Directions:

1. Preheat oven to 475 degrees F.
2. Cut tofu into ½" thick sticks.
3. In a wide bottomed container, mix together dressing ingredients of tamari, maple syrup and sesame oil. Roll tofu in marinade to coat each piece, and spread evenly on a baking tray. Sprinkle with pepper and sesame seeds.
4. Bake in upper third of oven for 20 minutes, flipping halfway through baking. Remove and cool.
5. For the dressing, put all the ingredients in a bowl and whisk until combined.
6. In a large bowl, mix cabbage, herbs, carrot, apple, onion and nuts or seeds. Add desired amount of dressing and mix.
7. Divide among plates and add tofu on the side.