

# Kale Salad with Grilled Tofu

12 ingredients · 30 minutes · 4 servings



## Directions

---

1. Add the tofu slices to a large dish along with half the extra virgin olive oil, tamari, half the lemon juice and raw honey. Marinate for 15 minutes.
2. Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
3. Add the remaining extra virgin olive oil, remaining lemon juice, orange juice, dijon mustard and sea salt to a small bowl and whisk to combine.
4. Add the kale leaves, carrot, cucumber and avocado to a large bowl. Add the dressing and toss to combine. Top with the tofu. Serve and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to two days.

### Make it Vegan

Use maple syrup instead of honey.

## Ingredients

---

- 15 3/4 ozs Tofu (sliced into triangles)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Tamari
- 1/4 cup Lemon Juice (divided)
- 1 tbsp Raw Honey
- 3 tbsps Orange Juice (fresh)
- 1 tsp Dijon Mustard
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (thinly sliced)
- 1 Carrot (large, shredded)
- 1/2 Cucumber (sliced in half)
- 1 Avocado (cubed)