

miso kale salad with miso roasted tofu

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Marin Mama

June 11, 2012



I'm so excited because I've found another kale salad that I love just as much as my [lacinato kale salad](#). This is going to be another weekly go-to salad for me. I love this salad so much that I ate a whole head of kale on Friday as well as made a fresh batch up for dinner on Saturday, and had leftovers for lunch on Sunday. It was a kale filled weekend for me. This salad is great on its own, but top it off with the miso roasted tofu and you have yourself a substantial lunch or dinner. Did I mention that this salad is also kid approved?

This is also another great make ahead salad. I do prefer to eat it fresh, or within an hour of tossing it up, but it tastes amazing as leftovers the next day and even holds out to day 3. If you haven't tried miso yet, then this is a wonderful introductory recipe, as miso does double duty as a marinade for the roasted tofu and a rich, savory layer in the dressing. The white miso compliments the lemony dressing and it's just rich enough to add character to otherwise plain-Jane tofu. This salad can serve as a meal for 4 paired with some popovers, crusty bread or soup.



miso kale salad with miso roasted tofu:

Recipe adapted from [Eating Well, Fast & Flavorful Meatless Meals](#)
serves 4

Note: You can press the liquid out of the tofu for a few hours beforehand, as this will improve its texture. You can also marinate it overnight in a covered container. Marinating tofu overnight will give it a stronger flavor.

Note: You can also make tofu up ahead of time, like a day to two before, and store it covered in the refrigerator. Just re-heat it for a few minutes in a 250-degree oven before topping it on the salad.

for the miso roasted tofu:

- 1 14-ounce package extra-firm tofu, drained and pressed
- 2 tablespoons fresh lemon juice
- 2 tablespoons white or yellow miso paste- *see picture and note below*
- 2 garlic cloves, minced

for the salad:

- 1 bunch (whole head) lacinato kale, de-stemmed, thinly sliced – *to see a step-by-step demonstration on [how to de-stem and slice kale – click here](#)*

- 1/3 cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 4 teaspoons white or yellow miso paste
- 1 -2 garlic cloves, minced – *I used 2 medium cloves and it tasted great*
- 1/3 cup shredded parmesan cheese

Below is a picture of miso. **You can find it in the refrigerated section of your grocery store usually by where the tofu is kept.** Miso is a fermented soybean paste that adds flavor to dishes such as soups, sauces and salad dressings. It is high in protein, and rich in vitamins and minerals. It's available in different colors, white, yellow, red & brown. If you want a milder flavor then go with yellow or white. If you want a stronger flavor then go with a red or brown miso. The lighter the color, the milder the flavor. I chose this yellow chickpea miso because I wanted a milder flavor and this version is soy-free.



Let's start by preparing the miso roasted tofu. **Preheat oven to 425 degrees.**

Coat a large rimmed baking sheet with either cooking spray, olive oil, or you can just line it with some parchment paper, which is what I'm currently doing as baking sheets are known to leach aluminum into food. If you're going to use oil on your baking sheet then make sure that you coat it well, because if you don't, then the tofu will stick to the baking sheet.

Drain the tofu, wrap it in some paper towels or a clean flour sack towel and gently press out the excess moisture. If you have more time and plan ahead, you can wrap the tofu in a clean

flour sack towel and then place a heavy flat object over the tofu to press out the moisture, and let it sit for an hour.

Cut the block of tofu into square cubes like the picture below. I cut the block of tofu into 8 slices and then cut those in half down the middle to get these squares. It really doesn't matter how you cut up your tofu, just make sure they're cut into even sized pieces.



Using a spatula, combine the lemon juice, miso and garlic in a large bowl. Be sure to mix it together well. It will resemble a thick paste.



Add the tofu squares to the mixture and gently toss to coat. It may not look like there is enough mixture to cover all of the tofu, but there is.

Spread the marinated tofu in a single layer on the prepared baking sheet.



Bake the tofu on the middle rack, turning one to two times during baking, until browned, about 18-20 minutes, or until the tofu is browned on all sides.



While the tofu is roasting, you can make up the dressing and the salad. *Note: This is not a make ahead dressing, as it does not sit well on it's own. I would make it up and then toss it with your kale. Once mixed with the kale, it sits well.*

Whisk together lemon juice, miso and garlic in a glass measuring cup or small bowl. Slowly add in the olive oil, whisking until emulsified. Make sure to whisk the ingredients together well. The dressing will be a bit thick and pasty.



Add sliced kale to a large salad bowl. Pour a bit of dressing over the kale and using your hands, massage the dressing into the kale. Massage the kale until it reduces down about half its size and the dressing is incorporated into kale. Taste the salad and add more dressing if needed or desired.

Note: Add the dressing to taste. Some heads of kale are smaller than others, so just use the amount of dressing for the amount of kale you have.

Add in parmesan cheese, and toss to coat.
Top the salad with the roasted tofu.



Got leftovers? Be sure to store the tofu and kale separately. Just re-heat any leftover tofu in a 250 degree oven until warmed, and then top it on the leftover salad. This salad tastes great day two and even day three.

You can also make a kale caesar salad wrap. Just top a whole-grain tortilla with the leftover kale salad, the warmed tofu and then smash an avocado on top and wrap it up. It's just a fun and different way to enjoy this salad.



Like kale salads? Then you need to try my [lacinato kale salad](#). This salad has turned kale haters into kale lovers.



Kale salad with ricotta salata.



Kale salad with delicata squash, almonds and cheddar.



5 from 1 reviews

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Prep time

20 mins

Cook time

20 mins

Total time

40 mins

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Author: Marin mama cooks

Recipe type: salad

Serves: 4

Ingredients

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- 2 garlic cloves, minced
- **for the salad:**
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- 3 tablespoons fresh lemon juice
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- 1-2 garlic cloves, minced *I used 2 medium cloves*
- 1/3 cup shredded parmesan cheese

Instructions

1. Let's start by preparing the miso roasted tofu. **Preheat oven to 425 degrees.**
2. Coat a large rimmed baking sheet with either cooking spray, olive oil, or you can just line it with some parchment paper, which is what I'm currently doing, as baking sheets are known to leach aluminum into food. If you're going to use oil on your baking sheet then make sure that you coat it well, because if you don't, then the tofu will stick to the baking sheet.
3. Drain the tofu, wrap it in some paper towels or a clean flour sack towel and gently press out the excess moisture. If you have more time and plan ahead, you can wrap the tofu in a clean flour sack towel and then place a heavy flat object over the tofu to press out the moisture, and let it sit for an hour.
4. Cut the block of tofu into even sized square cubes. I cut the block of tofu into 8 slices and then cut those in half down the middle to get these squares. It really doesn't matter how



- you cut up your tofu, just make sure they're cut into even sized pieces.
5. Using a spatula, combine the lemon juice, miso and garlic in a large bowl. Be sure to mix it together well. It will resemble a thick paste.
 6. Add the tofu squares to the mixture and gently toss to coat. It may not look like there is enough mixture to cover all of the tofu, but there is.
 7. Spread the marinated tofu in a single layer on the prepared baking sheet. Bake the tofu on the middle rack, turning one to two times during baking, until browned, about 18-20 minutes, or until the tofu is browned on all sides.
 8. While the tofu is baking you can make up the dressing and the salad. *Note: This is not a make ahead dressing, as it does not sit well on it's own. I would make it up and then toss it with your kale. Once mixed with the kale, it sits well.*
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 12. Top the salad with the roasted tofu.
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