

Whole Grain Salad with Miso Dressing

Serves 4



Ingredients

- 1 cup wild rice or other whole grain
- 1 12-14 oz. package of firm or extra firm tofu
- 1 red bell pepper, diced
- 1 cup shelled edamame
- 1 tablespoon olive oil, divided
- 2 teaspoons reduced sodium tamari or soy sauce
- 1 tablespoon sesame seeds
- 2 cups carrots, peeled and diced

Dressing

- 1/4 cup miso, reduced sodium if possible
- 1/4 cup rice or white vinegar
- 1 tablespoon sesame oil
- 1/4 cup shallot, minced

Directions

1. Rinse the wild rice, then add to a saucepan with 3 cups water. Bring to a boil, then reduce heat to a simmer and cook for 45-55 minutes. When the rice is tender, drain any excess water and fluff with a fork.
2. Meanwhile, drain the tofu and place between two towels and gently squeeze to remove excess liquid. Cut into cubes. Heat a skillet over medium high heat, then add 2 teaspoons oil. Add tofu and cook until it gets crisp on most sides, stirring occasionally, about 7-8 minutes. Add tamari and cook for 1 minute.
3. Leave carrots raw, or cook according to these instructions: Preheat oven to 400°F. Toss carrots with 1 teaspoon oil then spread into an even layer on a baking sheet. Bake for 15 minutes or until carrots are tender, stirring halfway.
4. Combine all dressing ingredients in a small bowl or jar and stir until well combined. In a large bowl, combine all salad ingredients and toss with the dressing. Garnish with sesame seeds. Serve at room temperature or cold.

Notes

This recipe can be made with any whole grain of choice. Follow package instructions for amount of water and cooking time.

Recipe from Cook Well Berkeley class: Lunch – Eat Well at Work, fall 2015