

GRILLED TOFU SALAD WITH CILANTRO DRESSING

Throwing something together like this Grilled Tofu and Veggie Salad with Creamy Cilantro Dressing takes hardly any prep time at all which leaves lots of time for me to put my feet up, sip a cold beer, and relax. The firm, silky tofu went into a sweet-tart marinade in the morning, and the veggies were grilled quickly with just a drizzle of oil and a pinch of salt. This simple grilled salad is flavorful and varied. The rich, blistered tomatoes burst in your mouth, the raw corn provides a sweet crunch, and the wilted radicchio adds just the right element of bitterness. All of the veggies become cloaked in a creamy, slightly spicy, cilantro-packed dressing that pulls all of the flavors together.

Tofu Ingredients.

1 package (14oz) firm tofu
1/2 cup tamari (or soy sauce)
1 tablespoon agave (or honey)
1 tablespoon fish sauce
1 tablespoon mirin

Cilantro Dressing Ingredients.

1/4 cup fresh squeezed lime juice
1 gently packed cup of cilantro leaves
1 seeded jalapeño
1 green onion, trimmed
2/3 cup mayonnaise or Vegenaïse
1/8 cup sour cream
1/2 tablespoon honey
a pinch of kosher salt

Salad Ingredients.

1 small head of butterhead lettuce, leaves separated
1 head radicchio, leaves separated
1 bunch green onions
1 1/2 cup raw corn kernels
1 pint cherry tomatoes

vegetable oil
kosher salt

Directions.

Drain the tofu and wrap it in paper towels and place something moderately heavy, like a plate, on top of it to press out some of the moisture. Leave it draining for about 20 minutes. Then slice the tofu into 1/2" slabs.

In a small bowl whisk together the tamari, agave, fish sauce, and mirin. Pour the marinade into a 8 x 8" baking dish. Add the slices of tofu in a single layer and let them marinate for at least 1 hour, and up to 8 hours, flipping occasionally.

Remove the tofu from the marinade and place it on a large baking sheet along with the bunch of green onions, the cherry tomatoes, and the radicchio leaves. Drizzle everything on the sheet with a little vegetable oil and sprinkle the veggies with a tiny pinch of salt.

Heat your grill to medium-high. Grill the tofu for about three minutes per side, until the tofu is heated through and it has nice grill marks. Grill the veggies until they are slightly charred and wilted.

Place the lime juice, cilantro, jalapeño, single green onion, mayonnaise, sour cream, and honey in a powerful blender or food processor and blitz until smooth. Season to taste with salt.

Assemble the salads by starting with a nice foundation of butterhead lettuce, then layering in the radicchio, tofu, corn, tomatoes, and green onions. Add a good drizzle of the cilantro dressing just before serving.

Serves 4.

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