



# Kale Salad with Spiced Tofu & Chickpeas

## Ingredients *Serves 4*

- Cooking spray
- 3½ teaspoons paprika
- 3½ teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 teaspoon freshly ground pepper
- ¾ teaspoon salt
- 5 tablespoons lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 15-ounce can chickpeas, rinsed
- 14 cups torn kale (from 1 large bunch) or baby kale
- 1 medium yellow or orange bell pepper, cut into 2-inch strips
- ½ English cucumber, halved and sliced

## Preparation *Total Time: 40 minutes*

**STEP 1:** Position rack in lower third of oven; preheat to 450°F. Coat a large baking sheet with cooking spray.

**STEP 2:** Combine paprika, cumin, garlic powder, pepper, and salt in a large bowl. Measure out 2½ teaspoons and set aside. Add 2 tablespoons lemon juice and 1 tablespoon oil to the remaining spice mixture. Cut tofu into ¾-inch cubes and pat dry. Add the tofu and chickpeas to the spice mixture in the large bowl and stir to combine; let stand for 10 minutes.

**STEP 3:** Spread the tofu and chickpeas on the prepared baking sheet in a single layer. Roast on the lower rack, stirring once halfway through, until golden brown, about 20 minutes total.

**STEP 4:** Meanwhile, return the reserved 2½ teaspoons spice mixture to the large bowl and whisk in the remaining 3 tablespoons each lemon juice and oil. Add kale and, with clean hands, massage the greens until they are reduced in volume by almost half, 1 to 2 minutes. Add bell pepper and cucumber and toss to combine.

**STEP 5:** Serve the salad topped with the roasted tofu and chickpeas.

## Nutrition *Per Serving*

364 Calories, Total Fat: 20 g, Saturated Fat: 3 g, Cholesterol: 0 mg, Carbohydrates: 34 g, Fiber: 8 g, Total Sugars: 4 g, Added Sugars: 0 g, Protein: 17 g, Sodium: 632 mg, Potassium: 781 mg, Folate: 168 mcg

**Calcium: 341 mg**