

 60%
HEALTH SCORE

Wheat-Berry Salad with Grilled Tofu



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 6 cups boston lettuce
- ☐ 3 celery stalks halved lengthwise thinly sliced
- ☐ 0.5 pound cherry tomatoes (14)
- ☐ 2 teaspoons dijon mustard
- ☐ 14 ounce extra tofu thick
- ☐ 1 cup mint leaves fresh

- ☐ 0.5 cup oil-cured olives black such as kalamata, halved pitted
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup red-wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 3 spring onion halved lengthwise thinly sliced
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 cup tomatoes
- ☐ 0.5 pounds tomatoes chopped
- ☐ 1 cup wheat berries (whole-grain wheat)
- ☐ 1.5 pounds bell pepper yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ ziploc bags
- ☐ spatula
- ☐ skewers
- ☐ tongs
- ☐ grill pan
- ☐ broiler pan

Directions

- ☐ Pure all vinaigrette ingredients in a blender. Reserve 1 cup vinaigrette for marinating tofu.
- ☐ Combine reserved vinaigrette and soy sauce in a sealable plastic bag.

- ☐ Add tofu, seal bag, and turn to coat. Marinate, chilled, turning bag over occasionally, at least 30 minutes and up to 1 day. Bring to room temperature, about 30 minutes, before grilling.
- ☐ Simmer wheat berries in unsalted water in a 2- to 3-quart saucepan, partially covered, until tender but still chewy, 1 1/4 to 1 1/2 hours.
- ☐ Drain, then return to pan and stir in salt. Cool to room temperature.
- ☐ Prepare grill for direct-heat cooking over hot charcoal.
- ☐ Pour off marinade from tofu and pat dry, then transfer to a plate.
- ☐ Thread tomatoes 1/4 inch apart onto skewers.
- ☐ Oil grill rack and grill bell peppers, covered only if using a gas grill, turning occasionally with tongs, until skins are blackened, 10 to 12 minutes.
- ☐ Transfer to a bowl, then cover and let steam 10 minutes.
- ☐ Grill tomatoes, covered only if using a gas grill, turning over once, until blistered and softened, 3 to 4 minutes.
- ☐ Oil grill rack well, then grill tofu, covered only if using a gas grill, until grill marks appear, about 3 minutes. Loosen tofu with a metal spatula, then turn over and grill until heated through and grill marks appear, about 3 minutes more.
- ☐ Transfer to a clean plate and cover.
- ☐ Assemble salad: Stir together tomatoes, celery, scallions, olives, wheat berries, and 1/2 cup vinaigrette.
- ☐ Let stand, uncovered, 15 minutes.
- ☐ Peel and seed peppers, then cut into 1-inch-wide strips. Stir into wheat-berry mixture.
- ☐ Halve pieces of tofu diagonally (for a total of 8 triangles).
- ☐ Toss lettuce and mint on a platter, then top with wheat-berry mixture and tofu.
- ☐ Drizzle with some vinaigrette; serve remainder on the side.
- ☐ Cooks' note: If you aren't able to grill outdoors, you can cook the tofu and tomatoes in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan. Bell peppers can be broiled on rack of a broiler pan about 2 inches from heat, turning over once, 10 to 20 minutes.

Nutrition Facts



PROTEIN 18.16% **FAT 23.95%** **CARBS 57.89%**

Properties

Glycemic Index:84.77, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:29.430434848951%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 406.01kcal (20.3%), Fat: 11.42g (17.57%), Saturated Fat: 1.54g (9.59%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 49.58g (18.03%), Sugar: 8.62g (9.58%), Cholesterol: 0mg (0%), Sodium: 1504.37mg (65.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.97%), Vitamin C: 346.15mg (419.57%), Vitamin K: 108.97µg (103.78%), Vitamin A: 4533.93IU (90.68%), Fiber: 12.56g (50.23%), Manganese: 0.71mg (35.65%), Folate: 141.62µg (35.4%), Iron: 6.22mg (34.55%), Potassium: 1167.44mg (33.36%), Copper: 0.57mg (28.46%), Vitamin B6: 0.52mg (25.83%), Phosphorus: 226.86mg (22.69%), Magnesium: 89.69mg (22.42%), Vitamin B3: 3.36mg (16.78%), Vitamin B1: 0.25mg (16.65%), Vitamin E: 2.45mg (16.32%), Calcium: 162.98mg (16.3%), Vitamin B2: 0.2mg (11.89%), Zinc: 1.49mg (9.94%), Vitamin B5: 0.64mg (6.37%), Selenium: 2.37µg (3.38%)