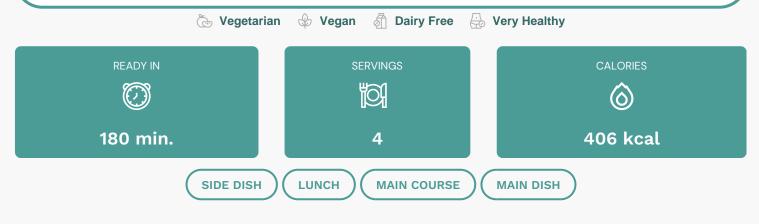


# **Wheat-Berry Salad with Grilled Tofu**



## **Ingredients**

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

	0.5 cup brine-cured olives black such as kalamata, naived pitted
	0.5 cup olive oil extra-virgin
	0.3 cup red-wine vinegar
	0.5 teaspoon salt
	3 scallions halved lengthwise thinly sliced
	1 tablespoon soya sauce
	2 teaspoons sugar
	1 cup reserved tomato vinaigrette
	0.5 pounds tomatoes chopped
	1 cup wheat berries (whole-grain wheat)
	1.5 pounds bell peppers yellow
Eq	uipment
	bowl
	frying pan
	sauce pan
	blender
	grill
	ziploc bags
	spatula
	skewers
	tongs
	grill pan
	broiler pan
Di	rections
	Purée all vinaigrette ingredients in a blender. Reserve 1 cup vinaigrette for marinating tofu.
	Combine reserved vinaigrette and soy sauce in a sealable plastic bag.

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Add tofu, seal bag, and turn to coat. Marinate, chilled, turning bag over occasionally, at least3 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, 11/4 to 11/2 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.
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

#### **Properties**

Glycemic Index:84.77, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:29.422173914702%

#### **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, Hesperetin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.72mg, Apigenin: 0.72mg, Api

### 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: Omg (0%), Sodium: 923mg (40.13%), Alcohol: Og (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 (35.57%), Folate: 141.62µg (35.4%), Iron: 6.21mg (34.53%), Potassium: 1167.32mg (33.35%), Copper: 0.57mg (28.43%), Vitamin B6: 0.52mg (25.83%), Phosphorus: 226.86mg (22.69%), Magnesium: 89.67mg (22.42%), Vitamin B3: 3.36mg (16.78%), Vitamin B1: 0.25mg (16.65%), Vitamin E: 2.45mg (16.32%), Calcium: 162.62mg (16.26%), Vitamin B2: 0.2mg (11.89%), Zinc: 1.49mg (9.93%), Vitamin B5: 0.64mg (6.37%), Selenium: 2.37µg (3.38%)