

# Lemon-Miso Tofu with Greens Stew

For the Tofu:

- One 14-ounce block extra firm tofu
- 2 Tablespoons lemon juice
- 1 Tablespoon white miso paste
- 2 Tablespoons avocado oil
- 2 Tablespoons water
- Black pepper, to taste

For the Greens Stew:

- 2 Tablespoons coconut oil (or avocado oil)
- 2 garlic cloves, minced
- 2 Tablespoons minced ginger
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon red pepper flakes
- 2 bunches of dark green Lacinato kale (or collard greens), stemmed & cut into strips
- $\frac{1}{2}$  teaspoon turmeric powder
- 1 13-ounce can coconut milk
- $\frac{1}{2}$  teaspoon fine sea salt
- 1-2 tablespoons fresh lemon juice

Directions:

1. Preheat oven to 375F.
2. Start by pressing the water out of the tofu by placing on a plate with heavy plates on top. Let all the water come out for 15-20 minutes.
3. In a medium bowl, whisk together the lemon juice, water, miso, oil and black pepper.
4. Cut the tofu into cubes, mix with the marinate, and let marinate for 10 minutes.

5. Arrange the tofu on a baking sheet with parchment paper and bake for 15-20 minutes.
6. Meanwhile, start the stew. Heat the oil in a heavy pan over medium heat. Add the garlic, ginger, coriander, cumin, and pepper flakes. Cook for 30 seconds.
7. Add the greens and toss to coat with the oil and spices. Cook for 2 minutes until the greens are bright green.
8. Add the coconut milk and turmeric. Cover and let simmer on low heat for 5-8 minutes.
9. Season with lemon juice and salt.
10. Place greens in bowl, top with tofu. Optional to add cooked wild rice, brown rice or quinoa.