

Green lentil and tofu salad with spinach and heirloom tomatoes

This tasty summer salad is packed with protein, making it a great main dish or easy weeknight dinner.

Ingredients

- 3 cups vegetable broth
- 1 cup dry green lentils, rinsed and sorted
- Salt and pepper to taste
- 14-oz. package firm or extra-firm tofu
- 5 oz. spinach
- ½ cup almonds, roughly chopped
- 2 cups halved baby heirloom tomatoes (or regular heirloom tomatoes cut into bite-sized pieces)

Dressing

- ¼ cup lemon juice (from 1-2 lemons)
- ¼ cup extra virgin olive oil
- 1 tbsp. za'atar
- 2 tsp. pure maple syrup or agave
- 1 tbsp. tamari or soy sauce
- Pepper to taste (I used about ¼ tsp.)



Directions

- 1) Bring the broth to a boil. Add the lentils, salt, and pepper and reduce heat to a simmer. Cook for about 35 minutes, or until the lentils are tender and have absorbed all of the broth. Transfer to a bowl, cover, and refrigerate for at least an hour, or until cooled. (You can do this the night before as well)
- 2) Wrap the tofu in a clean dish towel, place a heavy object on top, and let sit for 15 or 20 minutes to drain out excess liquid. Crumble the tofu into a bowl.
- 3) In small bowl, whisk together dressing. Pour the dressing over the tofu and gently mix to cover all of the tofu. Cover and refrigerate for at least half an hour, up to overnight, to marinate.
- 4) Toast the almonds in a dry pan for 1-2 minutes, just until lightly golden and fragrant. Set aside to cool.
- 5) Drain the tofu, preserving the marinade in a small bowl. This will be your salad dressing.
- 6) In a large serving bowl, combine lentils, tofu, spinach, toasted almonds, and heirloom tomatoes. Toss with dressing, serve, and enjoy!