

Grilled tofu sandwiches with lemon-tahini sauce, sautéed kale, and apricot barbecue sauce

Makes 4 sandwiches

Ingredients

Tofu and marinade

- 2 one-pound blocks of firm or extra firm tofu, pressed (wrap in dish cloth, place heavy object on top, and let sit for about half an hour, or until tofu is drier and more firm)
- 3 tbsp. orange juice
- 3 tbsp. soy sauce
- 3 tbsp. apple cider vinegar
- 3 tbsp. olive oil
- 1 tbsp. za'atar (a middle eastern dried herb blend—can be substituted for a mixture of dried thyme, sumac, salt, and sesame seeds)

Sautéed kale

- 2 bunches lacinato (Tuscan) kale, roughly chopped
- 2 tbsp. olive oil
- 1 tbsp. minced garlic
- 2 tbsp. soy sauce
- 1 tbsp. Agave nectar or maple syrup
- Pepper, to taste

Lemon-tahini sauce

- ¼ cup lemon juice
- 2 tbsp. za'atar
- ½ cup tahini
- 2 tbsp. water (if necessary)

Apricot barbecue sauce

- ½ cup dried apricots, soaked in hot water for 5 minutes and drained
- 3 tbsp. orange juice
- 3 tbsp. soy sauce
- 3 tbsp. apple cider vinegar
- Salt and pepper to taste

Assembly

- 8 slices rustic multigrain bread (or other bread of your choice), toasted
- Sliced tomatoes (optional)

Directions

- 1) While the tofu is being pressed, mix together all ingredients for marinade. Slice each block of tofu in half lengthways so you have four square slices. Place in a baking dish large enough for all of them to lay flat, then pour the marinade over the top. Cover with plastic wrap and refrigerate for at least an hour, or overnight.



- 2) Mix together all ingredients for the lemon-tahini sauce and set aside. It should be thick enough to be spreadable, but if it's too thick, you can add a bit of water.
- 3) In a blender or food processor, mix together all ingredients for apricot barbecue sauce until smooth. Season to taste.
- 4) Grease an indoor grill pan, griddle, or flat skillet with a bit of olive oil. Once hot, add the tofu and cook for about 5 minutes, turning halfway through, until golden brown on both sides. Set aside.
- 5) In a medium sauté pan, heat up the oil and garlic for the sautéed kale. Add the kale, soy sauce, and agave and cook for about 5 minutes, or until tender but not mushy. Season to taste.
- 6) To assemble each sandwich, spread a generous amount of lemon-tahini sauce on both slices of bread. Top the bottom slice with a piece of grilled tofu, a nice heap of kale, and a few pieces of tomato (if desired). Drizzle on a bit of apricot barbecue sauce, and place the other slice of bread on top.
- 7) Dip the sandwiches in remaining barbecue sauce and enjoy!