

SPICY THAI BRAISED KALE + TOFU



Tags: [Fall](#), [Kapha](#), [Spring](#), [Vata](#), [Winter](#)

Prep Time: 15 Min

Cook Time: 35 Min

Serves: 2

Directions:

1. Preheat the oven to 350.
2. Place tofu cubes on a lightly oiled baking dish and bake for 30 minutes, turning after 15 minutes.
3. Heat a large saute pan and add onion, ginger, and jalapeno pepper. Cook until onion has softened, adding 1-2 teaspoons of water as needed to prevent sticking. Add cumin powder and cook 1 minute more.
4. Whisk in vegetable broth, sunflower butter, tomato paste, and salt and bring to a boil.
5. Gradually add kale, a few handfuls at a time stirring to let it wilt down. Add baked tofu, cover, reduce heat, and simmer for 15 minutes or until kale is tender. Stir in lime juice and cilantro.

Note: Although I love Joel's book from an Ayurvedic perspective, someone with a Pitta imbalance or someone on a sattvic diet should avoid this dish as the tomatoes, pepper and onion are pitta aggravating and not sattvic.

SIMPLEVEDA

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Ingredients:

16 ounces extra-firm tofu, drained well, cut into 1-inch cubes
1/2 C finely chopped onion
2 TBSP grated fresh ginger
1 small jalapeno pepper, seeded and minced
2 TSP cumin powder
2 C vegetable broth (I preferred homemade)
1/3 C unsalted, sunflower butter
2 TBSP tomato paste
1 bunch kale, center ribs removed and leaves chopped
1 TBSP fresh lime juice
1 large handful cilantro, chopped
sea salt to taste

This recipe was adapted from one of my favorite books, [Eat to Live](#) by Joel Fuhrman, M.D. His concept is all about living a nutritarian lifestyle based on consuming nutrient-dense, natural plant foods, eating few, if any animal products, and eating no foods that are completely empty of nutrients or toxic to the body such as sugar, white flour, processed and fast foods.