

# Whole Grain Salad with Miso Dressing

Serves 4



## Ingredients

- 1 cup wild rice or other whole grain
- 1 12-14 oz. package of firm or extra firm tofu
- 1 red bell pepper, diced
- 1 cup shelled edamame
- 1 tablespoon olive oil, divided
- 2 teaspoons reduced sodium tamari or soy sauce
- 1 tablespoon sesame seeds
- 2 cups carrots, peeled and diced

## Dressing

- 1/4 cup miso, reduced sodium if possible
- 1/4 cup rice or white vinegar
- 1 tablespoon sesame oil
- 1/4 cup shallot, minced

## Directions

1. Rinse the wild rice, then add to a saucepan with 3 cups water. Bring to a boil, then reduce heat to a simmer and cook for 45-55 minutes. When the rice is tender, drain any excess water and fluff with a fork.
2. Meanwhile, drain the tofu and place between two towels and gently squeeze to remove excess liquid. Cut into cubes. Heat a skillet over medium high heat, then add 2 teaspoons oil. Add tofu and cook until it gets crisp on most sides, stirring occasionally, about 7-8 minutes. Add tamari and cook for 1 minute.
3. Leave carrots raw, or cook according to these instructions: Preheat oven to 400°F. Toss carrots with 1 teaspoon oil then spread into an even layer on a baking sheet. Bake for 15 minutes or until carrots are tender, stirring halfway.
4. Combine all dressing ingredients in a small bowl or jar and stir until well combined. In a large bowl, combine all salad ingredients and toss with the dressing. Garnish with sesame seeds. Serve at room temperature or cold.

## Notes

This recipe can be made with any whole grain of choice. Follow package instructions for amount of water and cooking time.

Recipe from Cook Well Berkeley class: Lunch – Eat Well at Work, fall 2015