

# Five Spice Barley, Kale & Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Cajun spice	1	Tbsp.
*Tofu, extra-firm, drained, pressed, and cut into ½ inch cubes	14	ounces
Olive oil	¼	cup
Onion, yellow or white, medium dice	1	cup
Kale, fresh, stemmed	18	cups (3 pounds)
Barley, cooked	8 ¾ cups cooked (1 pound dry)	
Chinese Five Spice Powder	2	Tbsp.
Salt	1	tsp.
Black pepper	1	tsp.
Parsley, fresh, chopped	8	ounces

## Preparation

\*Please see separate page for tofu pressing instructions.

1. Brush tofu with oil and sprinkle Cajun spice.
2. Heat oven to 400 degrees Fahrenheit. Roast tofu in oven for 10 minutes, flipping over and roasting for another 10 minutes.
3. Add oil to a pan and sweat onions for 5 minutes. Add kale and wilt.
4. Add cooked barley, Chinese Five Spice Powder, salt and pepper.
5. Toss baked tofu on top of barley mixture and serve.

## Serving Information

6 ounce serving garnished with 1 ounce of fresh chopped parsley.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 422 Total Fat: 11.7g Saturated Fat: 1.8g Monounsaturated Fat: 5.9g Polyunsaturated Fat: 2.9g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61.7g Fiber: 17g Total Sugars: 5.5g Protein: 17.6g Sodium:  
581mg Vitamin A: 1309µg Vitamin C: 206mg Calcium: 368mg Iron: 6mg Folate: 75µg



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