

herbed rainbow

LENTIL SALAD WITH BAKED TOFU



A vibrant, fiber-rich salad packed with plant protein, antioxidants, and anti-inflammatory ingredients.

The combination of hearty lentils, tender kale, crisp vegetables, creamy avocado dressing, and seasoned baked tofu creates a satisfying meal that nourishes and energizes.

PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES
DIFFICULTY: MEDIUM

SERVINGS: 4



Ingredients

FOR THE SALAD

- 1 cup cooked lentils
- 1 cup chopped kale, stems removed
- ½ cup diced red, yellow, or orange bell pepper
- ½ cup cherry tomatoes, halved
- ¼ cup shredded carrots
- ½ cup cooked quinoa
- 2 tablespoons fresh chopped parsley or cilantro
- 1 tablespoon green onions, thinly sliced
- 1 clove garlic, minced
- 2 tablespoons diced mango (optional but highly recommended)
- 2 tablespoons chopped walnuts, soaked overnight or at least 8 hours, drained

FOR MASSAGING THE KALE

- 1 teaspoon fresh lemon juice
- Pinch of sea salt

SEASONED BAKED TOFU — INGREDIENTS

- 1 block (14–16 oz) extra-firm tofu, pressed and cubed
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Press tofu for at least 15 minutes to remove excess moisture.
3. Cut into bite-sized cubes.
4. Place tofu in a bowl and sprinkle with garlic powder, onion powder, smoked paprika, sea salt, and black pepper.
5. Toss gently to coat.
6. Arrange on a parchment-lined baking sheet.
7. Bake for 20 minutes, flipping halfway through, until lightly golden and firm.





CREAMY AVOCADO HERB DRESSING

Ingredients

- ½ ripe avocado
- Juice of 1 lemon
- ¼ cup fresh cilantro or parsley
- 1 clove garlic
- 2–4 tablespoons water
- Pinch sea salt

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add additional water, 1 tablespoon at a time, until desired consistency is reached.

SALAD INSTRUCTIONS

Step 1: Massage the Kale

1. Place chopped kale in a large mixing bowl.
2. Add 1 teaspoon lemon juice and a pinch of sea salt.
3. Massage with your hands for 1–2 minutes until the kale becomes slightly softened and deep green.

Step 2: Build the Salad

Add to the bowl:

- Lentils
- Bell peppers
- Cherry tomatoes
- Carrots
- Quinoa
- Parsley or cilantro
- Green onions
- Garlic
- Mango (if using)

Gently toss to combine.

Step 3: Add the Tofu

Fold the warm baked tofu into the salad.

Step 4: Dress and Finish

1. Drizzle with the avocado herb dressing.
2. Toss gently until evenly coated.
3. Sprinkle with soaked walnuts just before serving.





Nutritional Highlights

(Approximate Per Serving)

- Calories: 340
- Protein: 18–20 g
- Fiber: 12–15 g
- Healthy Fats: 14 g
- Rich in:
 - Plant protein
 - Folate
 - Magnesium
 - Potassium
 - Vitamin C
 - Vitamin K
 - Antioxidants and phytonutrients



Dr. Helen's Tip

Don't skip massaging the kale. This simple step softens the leaves, improves digestion, and transforms the texture from tough and bitter to tender and delicious. Combined with the creamy avocado dressing and seasoned tofu, this salad delivers restaurant-quality flavor while supporting detoxification, gut health, and metabolic wellness.

