

Cruciferous

by Joy Manning

Super Savory Kale and Tofu Burgers

Makes 5 burgers

1 package firm tofu (15 ounces)
1 bunch kale (230 grams), stems removed and chopped
3 tablespoons olive oil
2 tablespoons nutritional yeast
4 garlic cloves, chopped
2-3 tablespoons Bragg's Liquid Aminos (can substitute soy sauce)
½ cup panko bread crumbs (40 grams)

Place a clean kitchen towel on the counter. Unwrap the block of tofu over the sink and drain off the water. Wrap the tofu in the kitchen towel and place a cutting board on top. Weigh it down with a can of tomatoes or a small pot. Let the tofu stand for about 20 minutes, and then unwrap it.

While the tofu presses, bring a pot of salted water to a boil. Add the kale and cook for 2 minutes. Drain, and run cold water over the kale to cool. Squeeze out all the extra liquid from the cooked kale.

Divide the tofu in half. Use the large holes on a box grater to grate half. Put the other half into the work bowl of the food processor.

Heat the olive oil in a non-stick or well-seasoned cast iron skillet set over medium heat. Add the shredded tofu, kale, and garlic. Cook, stirring often, until the tofu is lightly golden, about 4 minutes. Add the Bragg's and nutritional yeast and stir to combine.

Transfer ½ cup of the cooked kale mixture to the food processor and puree along with the tofu you placed there earlier.

In a large mixing bowl, combine the pureed mixture, the cooked kale mixture, and the panko bread crumbs. Stir well, and place in the refrigerator for at least 30 minutes or up to overnight.

Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone baking mat and brush with olive oil or spray with nonstick cooking spray.

Divide the burger mixture into 5 patties about 4 inches in diameter (mine weighed 128 grams each) and arrange on the prepared baking sheet.

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Bake for 15 minutes, carefully flip the burgers, and bake for another 15 minutes, until golden on each side and somewhat firm.

You can eat these burgers now, but they are much better if you can refrigerate them overnight and reheat them the next day in a skillet, the toaster oven, or the air fryer. The flavors meld, and the texture of the burger firms up a lot—you could even throw them on a grill at this point.