

FIVE-SPICE TOFU WITH  
BARLEY AND KALE



SARA FORTE ON PEARLED BARLEY

“Barley has a nice chew that is delicious with spiced tofu. Quinoa or farro would also work well.”

**Five-Spice Tofu with  
Barley and Kale**

ACTIVE: 45 MIN; TOTAL: 1 HR 15 MIN  
4 SERVINGS

- 1 cup pearled barley, rinsed
- Salt
- One 14-ounce block extra-firm tofu, drained on paper towels for 10 minutes
- 2 tablespoons grapeseed oil or coconut oil (increases saturated fat to 7 grams)
- 2 teaspoons toasted sesame oil
- ½ teaspoon Chinese five-spice powder
- 4 scallions, white and tender green parts only, thinly sliced
- Freshly ground pepper
- 1 lemongrass stalk, bottom 6 inches only, peeled and minced
- 4½ packed cups shredded stemmed Tuscan kale
- 1½ tablespoons prepared horseradish
- 2 tablespoons tamari or soy sauce
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons sweetened shredded coconut, toasted
- 1 tablespoon toasted sesame seeds
- 2 tablespoons chopped cilantro

WELL-BEING >> WHOLE GRAINS

## A Healthy Blogger's Whole-Grain Dishes

### Sara Forte's delicious recipes satisfy big appetites—even her husband's.

FOOD PHOTOGRAPHS BY JOHN KERNICK

“I LOVE WHOLE GRAINS. They make it easier to create healthy dishes that can fill up a man,” jokes blogger Sara Forte of SproutedKitchen.com. While she’s happy with just tofu or fish and vegetables, her husband, Hugh—who photographs all the dishes on her blog and in her forthcoming cookbook, *The Sprouted Kitchen*—craves cheeseburgers and desserts. To make dishes that are satisfying for both of them, she might cook tofu in bold-flavored five-spice powder to serve over a chewy barley-and-kale stir-fry. “I try to cram as many vegetables as I can into a dish,” she says of her earthy buckwheat crêpes, which she loves to wrap around a sauté of corn, leek and tomatoes (recipe, p. 72). “Plus, there’s always a crêpe or two leftover for Hugh to spread with Nutella.” —Kristin Donnelly