

Chopped Miso Salad Recipe (Heidi Swanson)

If you like the flavor of sesame oil - go ahead and add it to your dressing in fact you can go ahead and add it "to taste" - although sometimes skip the sesame oil altogether. You can use any kind of firm tofu you like here - baked tofu or plain.

1 1/2 cups shallots, skinned and thinly sliced

Pinch of salt

2 tablespoons miso

1/2 teaspoon powdered mustard (or a bit of whatever mustard you have around)

2 tablespoons brown sugar (or honey)

1/4 cup (brown) rice vinegar

1/3 cup mild flavored extra-virgin olive oil

1 teaspoon pure toasted sesame oil (optional)

1 Savoy cabbage

1 cup slivered almonds, toasted

1/2 medium red onion, sliced

3/4 cup chives, minced

8 ounces extra-firm tofu, room temperature

Stir together the shallots, splash of olive oil and big pinch of salt in a large skillet over medium heat. Stir every few minutes, you want the shallots to slowly brown over about 15 minutes. Let them get dark, dark brown (but not burn). If needed turn down the heat. Remove them from the skillet and onto a paper towel to cool in a single layer. They should crisp up a bit.

Make the dressing by whisking the miso, mustard, and brown sugar together. Now whisk in the rice vinegar and keep whisking until it's smooth. Gradually whisk in the olive oil, and then the sesame oil. Two pinches of fine grain salt.

Using a knife shred cabbage into thin slices. The key here is bite-sized and thin. If any pieces look like they might be awkwardly long, cut those in half. Toss the cabbage, shallots, almonds, red onion, chives and tofu in a large mixing/salad bowl. Add a generous drizzle of the miso dressing and toss again - until the dressing is evenly distributed. Add more a bit at a time to taste.