

FIVE SPICE

Barley, Kale & Tofu

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 48 oz.

8 – 6 oz. Servings

Ingredients	Qty	Measure
Barley (cooked following package instructions)	1	lb
Kale (leaves only)	3	lbs
Firm tofu (cut into small squares)	1	lb
Olive oil	¼	Cup
Cajun spice (Tony Chachere's)	1	Tbsp
Onion (medium dice)	1	Cup
Five spice powder	2	Tbsp
Salt	1	tsp
Pepper	1	tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sprinkle Cajun season on tofu and brush with oil
2. Roast in oven for 10 minutes, flipping over and roasting for another 10 minutes
3. Sweat onions. Add kale and wilt
4. Add cooked barley and five spice powder
5. Mix all ingredients together and serve

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

6 oz. serving garnish with 1 oz. fresh chopped parsley.

Nutrition Information

 *From USDA Nutrient Database

Calories: 245 Total Fat: 4 g Saturated Fat: 1 g Carbohydrate: 45 g Protein: 11 g Sodium: 293 mg
Vitamin A: 20% Vitamin C: 122% Calcium: 24% Iron: 22%