

Seared Tofu and Charred Corn Salad

Seared tofu, charred corn, avocado, and pickled onion with celery salt popcorn.

Prep Time: 25 minutes (plus 12 hours for marinating)

Cook Time: 30 minutes

Yield: 4 salad servings



Seared Tofu and Cheese Corn Salad

1 pound seared tofu
2 cups freshly made oil-popped popcorn
2 teaspoons celery salt
6 cups baby arugula (about 1 bag)
2 cups watercress, stems removed
1 cup charred fresh corn kernels
3/4 cup diced avocado
3/4 cup honey-lime vinaigrette
1 teaspoon kosher salt
1 cup pickled red onions

Salad Assembly

1. Place hot popcorn in a bowl and toss with celery salt.
2. Add arugula, watercress, charred corn, and diced avocado in a large bowl. Gently toss to combine.
3. Drizzle in honey-lime vinaigrette and sprinkle in kosher salt. Gently toss to coat the salad mixture.
4. Place heaping 3 cups of dressed salad into a large bowl or plate for each serving.
5. Shingle the tofu and divide evenly among four plates, about 6 pieces per plate.
6. Place 1/4 cup pickled red onions crosswise over tofu.
7. Garnish each plate with 1/2 cup seasoned popcorn. Enjoy immediately!

Honey Lime Vinaigrette

4 teaspoons lime juice
1 tablespoon honey
1 teaspoon Dijon mustard
1/2 teaspoon finely chopped garlic
3 tablespoons white wine vinegar
1/4 teaspoon kosher salt
Dash of ground white pepper
3 fluid ounces of olive oil

- Combine the lime juice, honey, mustard, garlic, vinegar, salt, and pepper in a medium bowl; whisk until well blended.
- Slowly drizzle in oil, whisking continuously until the oil is incorporated. Cover and keep refrigerated until use; stir well before using.

Pickled Red Onions

1/3 cup apple cider vinegar
2 tablespoons water
1 tablespoon granulated sugar
1 1/4 cup thinly sliced red onions

- To make the marinade, combine the vinegar, water, and sugar in a saucepan and bring to a boil.
- Place the onions in a glass or stainless steel bowl. Pour the hot marinade over the onions, completely covering them with marinade. Cool quickly, cover, and refrigerate overnight to marinate.

Seared Tofu

2 (14 to 16-ounce) packages of extra firm tofu, drained and pressed

- To Prepare Seared Tofu press the tofu by wrapping it in clean kitchen towels or paper towels and weigh it down with a heavy plate or 2 to 3-pound weight for at least 30 minutes. Cut each block of tofu in half; this recipe will use about 1 1/2 blocks of tofu.
- Heat a grill over medium-high heat and carefully spray with nonstick pan spray.
- Grill tofu for 2 to 3 minutes on each side until golden brown and an internal temperature of at least 140 degrees Fahrenheit. Slice into 1/4-inch slices. Set aside until ready to use.



Chef Tips:

- Buy twice as much watercress by weight as you'll need. When removed, the stems lose about half of their weight and volume.
- A 1-pound bag of frozen corn kernels can be roasted if fresh corn is unavailable.
- You can prepare all components except the popcorn a day or two ahead.
- Tofu is considered fully pressed when picked up without crumbling.

Allergens: soybean, mustard, sulphites

Brooke Williamson

The star of "Top Chef" and "Tournament of Champions" brings a seasonal menu inspired by her signature California style: climate-friendly dishes and ingredients that feed your wellness.