



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Mustard-Crusted Tofu with Kale and Sweet Potato

This recipe is a delicious and healthy vegan dish that combines the flavors of mustard-crusted tofu, sautéed kale, and roasted sweet potatoes. The tofu is coated in a tangy mustard sauce and baked until crispy, while the kale is cooked with garlic and olive oil for a flavorful side dish. The sweet potatoes add a touch of sweetness and make this dish hearty and satisfying. It's perfect for a weeknight dinner or a special occasion.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g tofu

4 tbsp mustard

200 g kale

400 g	sweet potato
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut, mixing

Cut the tofu into cubes and place them in a bowl. Add the mustard, salt, and pepper.

Toss to coat the tofu evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Spread the tofu cubes on a baking sheet lined with parchment paper. Bake for 25-30 minutes, or until the tofu is golden and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Cut

While the tofu is baking, prepare the kale. Remove the stems from the kale leaves and tear them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Sautéing

Heat olive oil in a large skillet over medium heat. Add garlic and cook until fragrant, about 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Sautéing

Add the kale to the skillet and sauté until wilted, about 5 minutes. Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Peeling, cutting

While the kale is cooking, peel and dice the sweet potatoes into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Cut, mixing

Place the diced sweet potatoes on a baking sheet lined with parchment paper. Drizzle with olive oil, salt, and pepper. Toss to coat the sweet potatoes evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Baking

Bake the sweet potatoes for 20-25 minutes, or until they are tender and slightly caramelized.

Prep Time: 0 mins

Cook Time: 20 mins

Step 10

Serving

Serve the mustard-crusting tofu with sautéed kale and roasted sweet potatoes. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	25 mg	0.74%	0.96%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com