



Sauteed Kale Benedict with Hollandaise Sauce
Serves 4 to 6 (Makes 1 ½ cups sauce)

Benedict Ingredients:

2 teaspoons neutral tasting oil (safflower)
1 bunch kale, stemmed and roughly chopped
½ teaspoon sea salt
¼ teaspoon finely ground black pepper
2 teaspoons red wine vinegar
2 teaspoons maple syrup
4-6 thick slices fresh bread, toasted
1 tomato, sliced into thin rounds
2 teaspoons fresh chives, finely chopped

Hollandaise Sauce Ingredients:

½ cup cashews
1 cup water
1 tablespoon lemon juice, plus zest of 1 lemon
2 tablespoons vegan butter
3 tablespoons organic un-bleached all-purpose flour
1 ½ cups un-sweetened almond milk
¼ teaspoon turmeric
½ teaspoon sea salt
¼ teaspoon cayenne pepper
2 teaspoons brown rice syrup
1 teaspoon champagne vinegar or white wine vinegar

Directions:

For the kale, heat a non-stick sauté pan to medium heat and add oil. Add kale and wilt slightly. Add tofu to pan and sprinkle with sea salt, black pepper, red wine vinegar and maple syrup. Cook about 3-5 minutes. Remove kale from pan, flip tofu and cook an additional 2-3 minutes. Set aside.

For the sauce, add cashews, water and 1 tablespoon lemon juice to a high powered blender or food processor. Blend until very smooth.

In a sauce pot, add vegan butter and flour and whisk to make a roux (a paste). Cook 1 minute. Add almond milk, turmeric, sea salt, cayenne, brown rice syrup, vinegar and lemon zest. Whisk until smooth and add cashew mixture. Cook for an additional 5 minutes, or until thickened. Season to taste with sea salt and cayenne pepper.

Place pieces of toasted bread on serving plates. Add tofu and kale to toast. Slather each piece of toast with hollandaise sauce and then top with tomato and chives. Serve warm.