

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Kale Chips and Dill Tofu

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Kale – super easy! Only a couple ingredients
<i>Are ingredients transferable to other recipes?</i>	Tofu – again very simple, the hardest part is finding an appropriate amount of dill 😊
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Yes simple to prepare, for those of you who don't like to press tofu, you can also buy it pre-pressed!
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 5/5
<i>Was the item fair in price?</i>	Very low cost, and toppings can be as pricey or as simple as you like, which makes it nice
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Very quick to make which is lovely! I find if you wash and dry the kale ahead of time it works really well.
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 3/5
<i>Did the end product look appealing?</i>	My partner thought the tofu looked scary hehe, I thought it looked good but he is my judge on appearance as anything healthy looks good to me!
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 3/5
<i>How did finished recipe taste?</i>	Kale chips were perfection, and the tofu was really nice, but a bit overpowering on the dill taste, you could probably cut the flavor down a level or two
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	I thought the tofu would be a bit more crunchy, but it was still super tasty and a great texture. Kale had the perfect crisp
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	I was nice and full after the meal, but also not to the point where I felt sick
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 4/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	It is a very sensible meal, with 315 calories (if you don't add any mayo or dip for the chips) and there is 22g grams of protein.
<i>Were there any high allergens in the meal?</i>	Higher on the fat content with 50.5% fat in the meal
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 3/5
<i>Could this item be made into a leftover?</i>	The tofu would last for a couple days in the fridge, however I find the kale chips have to be eaten in one setting
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following</i>	

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*(ie. keep in freezer?)*

**OVERALL SCORE:**

41/50

