

Thursday Lunch - Greek Tofu Salad (serves 4) - 35 mins prep

1. Stir together feta, onion (or scallion), olives, lemon juice, oil & oregano in a medium bowl.

2. Add tofu & mash together with a fork. Season with salt and pepper.

3. Cover and refrigerate for 20 minutes.

4. Add tomato, cucumber & parsley to tofu mixture. Adjust seasoning with salt & pepper.

Ingredients:

1/3 cup crumbled feta cheese

1/4 cup chopped red onion, or scallion

12 Kalamata olives, pitted and chopped

3 tablespoons lemon juice

1 tablespoon extra-virgin olive oil

1 & 1/2 teaspoons dried oregano

8 oz firm tofu, drained and crumbled (1 cup)

Salt & freshly ground pepper, to taste

1 ripe tomato, coarsely chopped

1 small cucumber, coarsely chopped

2 tablespoons chopped fresh parsley