



VEGAN “FETA” CHEESE

By Dr. Cindy Tazar

This recipe shared by Cathy Blanks is quite innovative and a “must try” for our vegan and vegetarian clients. Feta cheese makes so many dishes special and is a terrific way to add protein to your meals. It would also be great in the Roasted Butternut, Cream of Roasted Cauliflower, Cream of Asparagus or Roasted Tomato Herb Soups or fruity Watermelon and Cantaloupe Salads. Cathy enjoys her Vegan Feta on a Greek Marinated Artichoke Salad. You could also spread it on raw veggies, (cucumbers, peppers, zucchini) or even on a Cauliflower Tortilla or Zucchini Fritter. Very versatile!
Makes 3-4 servings.



INGREDIENTS

- 1 package (14 oz) firm organic tofu
- 1/4 cup extra virgin olive oil (preferably Californian)
- 2 Tbsp lemon juice
- 1 tsp. pink Himalayan salt
- 1 tsp. Greek or Italian seasoning
- 1/4 tsp. black pepper, ground
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder



INSTRUCTIONS

1. Cut tofu horizontally into 2 pieces. Line a cutting board with several paper towels halves, place tofu on top of that, then cover with a couple more paper towels halves. Place a weighted heavy baking dish on top of the tofu and let it sit for 30 minutes to drain. Pat tofu dry and crumble into a large bowl.
2. Combine oil, lemon juice, salt, Greek seasoning, black pepper, onion powder and garlic powder into a small jar with a lid and shake well. Pour over tofu and toss gently.
3. Refrigerate overnight or at least 2 hours.