

Greek Salad

2 large tomatoes cut into wedges
1/4-1/2 red onion, thinly sliced
1 cucumber, largely diced
1 cup Kalamata olives (pitted)
4-6 oz of tomato and basil feta cheese, cubed or crumbled
(or tofu substitute, see recipe below)
2 Tbls. fresh whole cilantro leaves



Dressing

5 Tbls. extra virgin olive oil
2 Tbls. white wine vinegar (can substitute apple cider vinegar)
1 Tbls. fresh lemon juice
1 tsp. agave
1 Tbls. chopped fresh cilantro
salt and pepper to taste

Serve on top of greens or stuffed into a whole grain pita.

Italian Herb Tofu "Cheese"

1/8 cup olive oil
1/8 cup water
1/8 cup Apple Cider Vinegar
1 tsp. salt
2 tsp. dried basil
1/4 tsp. dried oregano
1/4 tsp. pepper
1/2 lb of firm tofu

Place all ingredients but tofu in a bowl and whisk together. Add tofu, stir, and let sit for 1-24 hours to marinate. Drain through cheese cloth and cube or crumble.