

Mediterranean Cuke & Tofetta Salad



COOK TIME

15 mins



COURSE

Dinner, Lunch, Salads



SERVINGS

7 servings

CALORIES

394 kcal

INGREDIENTS

- 2 15 oz blocks extra firm tofu cubed
- $\frac{2}{3}$ c white vinegar
- 2 Tbsp kosher salt
- 1 c boiling water
- 3 -15 oz cans of chickpeas drained and rinsed
- 2 cucumbers chopped into bite-sized pieces
- 1 red onion finely diced
- 2 c yellow and orange bell peppers diced
- $\frac{1}{2}$ c Kalamata olives sliced in half
- $\frac{1}{2}$ c fresh chopped herbs I used mint and dill
- Salt and pepper to taste
- $\frac{1}{4}$ c olive oil
- $\frac{1}{2}$ c lemon juice
- 2 tsp Dijon mustard
- 1 clove garlic crushed
- $\frac{3}{4}$ tsp sea salt
- $\frac{1}{4}$ tsp black pepper

- optional: baby greens

INSTRUCTIONS

1. In a shallow, heat-safe dish or pan, add 1 c boiling water, 2 Tbsp kosher salt and $\frac{2}{3}$ c white vinegar. Mix until salt is dissolved.
2. Add your cubed tofu and let marinate overnight. (Once it is room temperature, put it in the fridge.)
3. The following day, in a small bowl, combine extra virgin olive oil, lemon juice, Dijon mustard, garlic, salt, and pepper. Whisk until well combined.
4. Drain and rinse the chickpeas before placing into a large bowl. Add on the cucumber, red onion, bell peppers, kalamata olives, mint and dill (or other herbs).
5. Drizzle the dressing over the bowl of salad and toss until equally coated.
6. Divide into 7 containers and top with tofetta equally.
7. Optionally, you can also serve this over a bed of baby greens.

NUTRITION

Nutrition Facts

Mediterranean Cuke & Tofetta Salad

Amount Per Serving (1 serving)

Calories	394	Calories from Fat	180
% Daily Value*			
Fat	20g	31%	
Carbohydrates	35g	12%	
Protein	20g	40%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!