

Cucumber Quinoa Salad with Tofu Feta



PREP TIME

1 d 25 mins

TOTAL TIME

1 d 25 mins



COURSE

Dinner, Gluten Free, Lunch, Vegetables



SERVINGS

7 servings

CALORIES

429 kcal

EQUIPMENT

- 2 small bowls
- 1 storage container with air-tight lid
- 1 large salad bowl
- food storage containers optional

INGREDIENTS

for tofu feta

- 14 oz extra firm tofu (1 block tofu)
- ¼ c lemon juice fresh
- 2 Tbsp red wine vinegar
- 2 Tbsp nutritional yeast
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried thyme
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt

for the salad

- 3 c quinoa cooked
- 1 large cucumber
- 15 oz canned chickpeas (1 can) drained and rinsed
- 2 c cherry tomatoes halved
- 1 c olives (such as Kalamata olives) sliced
- 1 c TVP rehydrated with 2c vegetable broth, cooled, and drained

for the lemon-herb dressing

- ½ c lemon juice fresh
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp fresh herbs (such as parsley, basil, or dill) chopped
- 2 tsp Dijon mustard
- 2 cloves garlic minced
- salt and pepper to taste

INSTRUCTIONS

For the feta

1. Drain and press the tofu to remove excess moisture. Place the tofu block on a plate lined with paper towels or a clean kitchen towel. Cover with more paper towels or another kitchen towel, then place a heavy object (such as a plate or a few heavy books) on top to press the tofu. Let it press for about 30 minutes.
2. In a small bowl, whisk together the lemon juice, apple cider vinegar, nutritional yeast, dried oregano, dried basil, dried thyme, garlic powder, onion powder, and salt. Set aside.
3. After the tofu has been pressed, crumble it into small pieces using your hands or a fork. Aim for a texture similar to feta cheese.
4. Place the crumbled tofu into a container or a jar with a tight-fitting lid. Pour the prepared marinade over the tofu, ensuring all the tofu is coated. Stir gently to distribute the marinade evenly.
5. For best results, let marinade overnight before adding to the salads.

For the Salad:

1. In a large salad bowl, combine the cooked quinoa, diced cucumber, cherry tomatoes, crumbled tofu feta cheese (if it's still marinating, you can add it tomorrow), sliced olives, and rehydrated TVP (if using). Toss gently to mix all the ingredients.
2. In a separate small bowl, whisk together the lemon juice, extra-virgin olive oil, chopped fresh herbs, Dijon mustard, minced garlic, salt, and pepper. Adjust the seasoning according to your taste preferences.
3. Pour the lemon-herb dressing over the salad mixture. Toss well to coat the salad ingredients evenly with the dressing.
4. Allow the salad to sit for at least 10 minutes to allow the flavors to meld together. You can also refrigerate the salad for a few hours to enhance the taste.
5. Just before serving, give the salad a final toss to ensure that all the ingredients are well combined.
6. Divide equally into 7 individual containers.

NUTRITION

Nutrition Facts

Cucumber Quinoa Salad with Tofu Feta

Amount Per Serving

Calories	429	Calories from Fat	180
% Daily Value*			
Fat	20g	31%	
Carbohydrates	41g	14%	
Protein	23g	46%	

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



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!