

Romaine Salad with Fresh Tomato, Tofu Feta and Olives

Prep time:

60 minutes

Yields:

4 people

Ingredients:

For the tofu feta cheese:

- 1/2 cup lemon juice
- 1 garlic clove, minced
- 1 teaspoon salt
- 14 ounces extra firm tofu, drained and pressed, cut into 1/2 inch cubes

For the dressing:

- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

For the salad:

- 2 heads romaine lettuce, chopped
- 2 large tomatoes, chopped
- 1/2 medium cucumber, sliced
- 1/2 medium red onion, sliced into strips
- 1/2 cup pitted Kalamata olives

Directions:

Make the tofu feta by stirring the lemon juice, garlic, and salt together in a medium bowl. Add the tofu cubes and gently toss to coat. Allow the tofu to marinate for at least 30 minutes.

1. While the tofu marinates, make the dressing by whisking all ingredients together in a small bowl.
2. Place the chopped romaine lettuce into a large bowl and add the tomatoes, cucumber, red onion, and olives. Drain the tofu feta and add it to the bowl. Drizzle with the dressing and gently toss to coat everything.
3. Divide onto plates and serve.