




# Tofu Feta




**This goes great in our Fall Harvest Salad!**

**Prep Time :** 15 mins

Verified by **Kayla Johnson, MS, RD, LDN**  
as a delicious feta substitute.. and  
probably less expensive as well.



## Ingredients:

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- 1 package of extra firm tofu
  - 2 tbsp. white miso
  - 3 tbsp. water
  - 1 lemon, juice
  - (about 2 tablespoons)
  - 1 tbsp. apple cider vinegar
  - 1 tbsp. olive oil
  - 1 tbsp. nutritional yeast
  - 1 teaspoon dried oregano
  - 1/2 tsp garlic powder
  - 1/2 tsp salt
  - black pepper

## Directions:

- Drain and press the tofu for at least 15 minutes, but you can leave it for much longer, if needed. You can wrap the tofu in towels and place a heavy object on top or with a tofu press.
- While the tofu is pressing, whisk together the miso and water until smooth.
- Add the lemon juice, apple cider vinegar, olive oil, nutritional yeast, dried oregano, garlic powder, salt and pepper.
- Crumble the tofu with your hands (or a spoon) and toss with the marinade. Place in the fridge and marinate for at least 3 hours, preferably longer.

## Notes:

This can easily hold for 1-2 weeks in the refrigerator and can go on any salad!

## Recipe Website:

Adapted from Delish Knowledge

