

Greek Tofu with Creamy Tzatziki Sauce

Vegan, gluten-free

Recipe by Jentry Lee Hull

Yields 8 servings

Prep time: 45 minutes

Cook time: 7-10 minutes

Total time: 55 minutes

INGREDIENTS

For Greek Tofu

- 2, 16oz packs super firm organic tofu (Trader Joe's or Wildwood)
- 1 1/4 tsp pink salt
- 1 tsp freshly ground black pepper
- 1 tsp paprika
- 1 tsp garlic granules
- 1 tsp citrusy garlic seasoning (Trader Joe's)
- 1 tsp Za'atar seasoning (Trader Joe's)
- 4 Tbsp tamari
- 2 Tbsp avocado oil
- 1 1/2 Tbsp maple syrup

For Creamy Tzatziki

- 1 heaping cup plain unsweetened plant-based sour cream or yogurt (Forager offers both)
- 2 small Persian cucumbers
- Juice from 1 lemon (about 3-4 Tbsp)
- 1 tsp apple cider vinegar

- 1 small bunch dill (about 1 loosely packed cup)
- 1/2 tsp pink salt
- 1/2 tsp garlic granules

METHOD

For Greek Tofu

- Remove tofu from packaging and drain any excess liquid.
- Cut tofu into 1/4 in thick slabs.
- In a small bowl, combine all seasonings and whisk until well incorporated.
- In a baking dish or sealable container, set tofu slabs down in even layer.
- Pour marinade on top, cover and let sit for 15 minutes. Flip and cover again to marinate for another 15 minutes.
- Meanwhile, make Creamy Tzatziki (recipe below).
- Once tofu is fully marinated (30 min total), preheat a ceramic non-stick grill pan or skillet to medium heat.
- Test heat of pan with a sprinkle of water. If water dances on the surface, the pan is ready!
- Remove a tofu slab from dish, shaking off excess marinade, and place on grill/skillet. Fill skillet with tofu without overcrowding.
- Reserve remaining marinade.
- Cook tofu for about 5 minutes, or until crisp and golden. Flip and cook another 5 minutes
- Repeat until all tofu is cooked.
- Place cooked tofu back into marinade dish, until ready to slice and serve.

For Creamy Tzatziki

- In a high-speed blender or food processor, combine all tzatziki ingredients.
- Blend until creamy and smooth.
- Adjust seasoning to taste and pour sauce into sealable airtight container. Keep in the fridge for 5-7 days.

- Serve as a salad dressing or drizzle on tacos, veggie plate or other dish with Greek Tofu.

Garnishing/Meal ideas

- Fresh Parsley
- Fresh Dill
- Salad: Toss lettuce and veggies in Creamy Tzatziki sauce, top with Greek Tofu and serve with olives, warm pita and Hummus.
- Tacos: Serve Greek Tofu in warm corn, wheat, or grain-free tortillas. Top with fresh veggies and generous drizzle of Creamy Tzatziki
- Veggie Plate: Serve Greek Tofu with grilled or roasted veggies and drizzle with Creamy Tzatziki

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 187

% Daily Value *

Total Fat 11 g **17%**

Saturated Fat 3 g **13%**

Monounsaturated Fat 3 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 875 mg **36%**

Potassium 220 mg **6%**

Total Carbohydrate 10 g **3%**

Dietary Fiber 3 g **11%**

Sugars 3 g

Protein 11 g **21%**

Vitamin A **3%**

Vitamin C **23%**

Calcium **17%**

Iron **11%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.