



BLUE ZONES PROJECT

# RECIPES

*From the kitchen of:  
Blue Zones Project®*





FROM THE KITCHEN OF:  
BLUE ZONES PROJECT®

# Greek Salad with Tofu

***Yields:*** 2 servings

*Per serving:* 164 calories, 12 g fat, 499 mg sodium, 2 g fiber, 8 g protein

## ***Ingredients***

- 3 tbsp. crumbled feta cheese
- 2 tbsp. chopped red onion, or scallion
- 6 Kalamata olives, pitted and chopped
- 1 1/2 tbsp. lemon juice
- 1 1/2 tsp. extra virgin olive oil
- 3/4 tsp. dried oregano
- 1/2 cup drained and crumbled firm tofu
- 1/8 tsp. salt
- 1/8 tsp. freshly ground pepper
- 1 small tomato, coarsely chopped
- 1/2 small cucumber, coarsely chopped
- 1 tbsp. chopped fresh parsley

## ***Directions***

1. Combine feta, onion (or scallion), olives, lemon juice, oil, and oregano in a medium bowl. Add tofu and mash with a fork. Season with salt and pepper. Cover and refrigerate for 10 minutes.
2. Add tomato, cucumber, and parsley to the tofu mixture and stir to combine.