

Marinated Tofu Feta Style



This no-cook tofu recipe is a unique way to add a protein source to a pasta salad, or even a Greek salad. It can also serve as a refreshing snack!

Preparation 5 min

Cooking 0 min

Waiting 720 min

Servings 4

Nutrition Facts (per serving)

Calories 150

Fat 9

Carbohydrates 2

Fibre 1

Protein 17

Sodium 630

Ingredients

- 454 g (1 block) of extra-firm tofu
- 3 garlic cloves, sliced lengthwise
- 125 ml (½ cup) of lemon juice or apple cider vinegar
- 30 ml (2 tablespoons) of nutritional yeast
- 15 ml (1 tablespoon) of dried oregano

- 2.5 ml (½ teaspoon) of pepper
- Water to cover

Preparation

1. Press the tofu block to remove excess water and cut it into small cubes.
2. In a shallow, airtight container, add the tofu and all other ingredients except for the water.
3. Shake well, then add just enough water to cover the tofu.
4. Refrigerate overnight or for 12 hours before consuming.

Notes

Can be kept for 5 days in the refrigerator. Does not freeze.

The sodium content is from the marinade and is therefore lower in the drained tofu.



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