

Easy Tofu Spread

1 lb. firm, water packed tofu
3 T. lemon juice
1/2 t. basil
1 t. (scant) salt
1 1/2 T. onion powder
3 T. nutritional yeast flakes
1 T. olive oil

Drain tofu, if needed, for 15 - 30 minutes so you have a fairly dry tofu. Place all ingredients in a food processor and process to a creamy spread. This is your basic spread, if desired stir in your choice of one of the following ingredients:

1/2 can green ripe olives
2-3 cloves roasted garlic
2 T. chopped green onions & 1 clove garlic (saute briefly in a little olive oil)
1/2 c. chopped black olives
1 - 2 t. dill
2 T. dried onion + 1 T. Bragg Liquid Aminos
1/4 c. chopped dried tomatoes, stir in
2 oz. chopped pimiento
2 T. fire roasted tomatoes, well drained
1 (10oz.) package chopped frozen spinach (thawed, drained & squeezed dry)

This is a very tasty spread that can also be used as a vegetable dip or as a filling in veggie wraps. A 2 T. serving has only 50 calories and 3 grams of fat. Enjoy!