

Tofu Feta

TOFU FETA

1 lb. firm or extra firm, water packed tofu
3 T. lemon juice
1 1/2 T. onion powder
3 T. nutritional yeast flakes
2 t. dried basil
1 1/2 t. garlic powder
1 t. salt

Drain and rinse tofu. Place in a bowl and add remaining ingredients. With your hands, break up tofu and mix with seasoning, leaving the tofu fairly chunky. Place crumbled tofu on a stainless steel baking sheet, sprayed with non-stick spray, and bake at 250 degrees for 1 hr. Baking time will depend on how dry the tofu is to start. You want to dry it out some, but still leave a little moister. After baking allow to cool. Place in a container and refrigerate. Delicious sprinkled on salad or pizza.