



Garlic Feta Dressing

by *BHHEC Kitchen*

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1. Crumble 8 oz. water pack tofu into a bowl and sprinkle with:
 - 2 tsp. salt
 - 1Tbsp. garlic powder
 - 1Tbsp. lemon juice
2. Marinate several hours.
3. Place in blender:
 - 1 cup cashews (raw)
 - 1 tsp. salt
 - 1 Tbsp. chopped onion
 - ½ tsp. pineapple juice concentrate
 - 1 Tbsp. potato flour (opt)
 - 1 tsp. nutritional yeast
 - 2 cloves garlic, minced
 - ¼ cup fresh lemon juice
 - 1¼ cup water
4. Blend until very smooth.
5. Pour over tofu and gently stir.
6. Refrigerate until ready to use.

Good on baked potatoes and bread as well as salad.