

GRILLED TOFU & FETA QUINOA SALAD

INGREDIENTS

- 1/2 C** Quinoa
- 1 1/4 C** Water **OR** Vegetable Broth
- Pinch** Salt

- 1 pkg** Tofu (firm) (drained)

- 1** Red Bell Pepper (cut in half and then sliced)
- 1** Summer Squash (medium) (quartered lengthwise then chopped)
- 1** Eggplant (medium) (cut into small cubes)
- 1/4 C** Black olives (pitted and chopped)
- 1/4 C** Feta Cheese (crumbled (and more to sprinkle on top)
- 2 T** Basil (fresh)
- 2 T** Parsley (fresh)



DRESSING

- Salt & pepper (to taste)
- 1 T** Coconut oil (olive, sunflower or grape seed oil would also work well)
- 2 - 3 T** White balsamic vinegar (start with 2 tbsp and add more if needed)
- 1/2 t** Mustard (course grain)

DIRECTIONS

- 1 Heat the grill
- 2 Spray veggies with olive oil & season with salt & pepper
- 3 Grill veggies until they are slightly browned, being careful not to over cook them
- 4 Meanwhile boil quinoa in water or broth & simmer covered (15 - 18 minutes)
- 5 Grill the tofu for a few minutes, until it starts to brown
- 6 Once everything is cooked toss them all into a large serving bowl
- 7 Add spices, feta cheese, salt, pepper and olives to the bowl
- 8 Whisk the oil, vinegar, mustard and salt/pepper together.
- 9 Add the dressing to the salad.
- 10 Add extra parsley & feta as garnish
- 11 Serve warm

