

LEMON DILL TOFU

INGREDIENTS

- 1 t Tofu (extra firm) (drained)
- 1 t Healthy oil
- 1 clove Garlic
- 3 T Lemon juice
- 1 T Tahina
- 1 T Dill pickle (juice) **OR** Water
- 1/2 T Nutritional yeast
- 1 t Extra virgin olive oil
- 3/4 C Dill (if fresh - stems removed & chopped)
- Salt & pepper to taste



DIRECTIONS

- 1 Rinse & press the tofu for about 25 minutes
- 2 Chop up the tofu into small, thin squares
- 3 Process the garlic, lemon juice, tahina, pickle juice, nutritional yeast & olive oil in your blender
- 4 Preheat a large saute pan over high-heat & add the oil.
- 5 Place the tofu in the pan but don't let the pieces touch each other
- 6 Cook on high-heat for 6 minutes & then flip & cook for another 6 - 8 minutes
- 7 Reduce the heat if it looks or smells like the tofu is burning
- 8 When tofu is golden brown on each side, remove from the heat.
- 9 Pour dressing into a medium-sized bowl & add the cooked tofu stirring well until coated
- 10 Serve immediately on its own, in a wrap, on a salad, or over grains & vegetable

