

## Tofu Feta Cups by Ashley Madden

*Makes 4 servings*

*This tofu feta is the perfect afternoon snack, especially when those savory cravings are calling. It takes minutes to make and can be served many ways; eat it on its own, add it to a salad, mix it with some cucumber and tomato for a Mediterranean-inspired snack, or add it to your next charcuterie board. I suggest making the cups ahead of time so they're an easy grab and go option.*

### INGREDIENTS

1 (14 ounce/397 g) block extra firm tofu  
1 teaspoon (6 g) white miso  
1 tablespoon (15 ml) apple cider vinegar  
1 tablespoon (15 ml) brine water from a jar of capers or olives  
1 tablespoon (15 ml) fresh lemon juice  
½ teaspoon dried basil  
½ teaspoon dried oregano  
½ teaspoon garlic powder  
1 tablespoon (4 g) nutritional yeast  
Pinch red pepper flakes, optional  
¼ to ½ teaspoon sea salt, optional

### ***For the cups***

1 cup (110 g) diced or thinly sliced cucumber  
2 handfuls baby arugula  
1 tomato, diced

### HOW-TO

1. Drain the tofu and give it a squeeze over the sink or a bowl to remove any excess water. Then cut the block into ¾ inch (2 cm) cubes and place them in a medium sized bowl or container. You can also press the tofu to remove even more water, but I usually skip pressing — it's not necessary.
2. In a small bowl, whisk together the miso, vinegar, brine water and lemon juice until the miso is dissolved. Then add the basil, oregano, garlic powder, nutritional yeast, red pepper flakes and mix.
3. Pour this mixture over the tofu and gently toss with a spoon until all the tofu is coated. Cover the bowl or container and let the tofu marinate for at least 4 hours, overnight is ideal. Mix once or twice while marinating if possible.
4. You can add the tofu to salads, wraps, or make your own feta snack cups: Divide the tofu between 4 small jars or bowls and add some chopped cucumber, baby arugula, and diced tomato to each.

## NOTES

- You can make the cups the night before just be sure to layer the fresh veggies on top of the tofu as the acid in the marinade will make the arugula wilt.
- These cups will last for up to 3 days in the fridge.
- There are so many other ingredients you can add. Try sundried tomatoes, chopped bell pepper or roasted pepper, carrot ribbons, sliced scallions, or chopped artichokes (packed in water).