



a better world begins on your plate

**plant-based
eating**
ANIMAL PROTECTION
NEW MEXICO

Mediterranean Bean Salad



This Mediterranean Bean Salad is perfect for when you want a quick meal, but you don't want to cook.

It is great chilled and requires no stove or oven, so it's extra perfect for hot days.

Serves 2-4

1 can (14 oz) cannellini beans
¼ red onion, chopped
1 medium cucumber, chopped
1-2 medium bell peppers,
chopped

Feta Cheese:

1 block firm tofu, drained
2 Tbsp olive oil
2 Tbsp apple cider vinegar
1 Tbsp nutritional yeast
1 tsp salt
1 tsp onion powder
½ tsp garlic powder
¼ tsp dried dill
1/3 cup fresh parsley or 2 Tbsp
dried parsley
Juice of 2 limes or 1 lemon

Prepare feta cheese: open and drain tofu and add to a mixing bowl. Add remaining ingredients for feta cheese, then use a fork to crumble the tofu while mixing to combine all ingredients. Set aside in fridge to chill and marinate.

Chop vegetables and combine in a mixing bowl. Drain and rinse beans and add to mixing bowl with vegetables and mix together.

Add desired amount of feta to bean/vegetable mixture and mix well (start with about 1/3 of the feta and add more if desired).

Adjust spice and ingredients to your preferences. If salad is too dry, add more olive oil, apple cider vinegar, and/or lime juice.

Serve chilled.

Feta recipe adapted from:

<https://avirtualvegan.com/vegan-feta-cheese/>