

## **Cooking with Amanda – Mediterranean Foods**

### **Class 2 – Seitan à la Grecque**

#### **Seitan à la Grecque**

Serves 4

Ingredients:

##### **Quick Tofu Feta**

- 4 ounces firm tofu, drained and mashed
- 1 tablespoon olive oil
- ¼ cup lemon juice
- 1 teaspoon sea salt
- ¼ teaspoon dried oregano

To make the quick tofu feta, whisk together the olive oil, lemon juice, salt, and oregano in a small bowl, add the tofu, mix to coat the tofu with the liquid, and marinate for 20 minutes.

##### **Seitan Salad**

- Cooking spray or 1 tablespoon canola oil
- 12 ounces seitan, sliced thin
- 1 medium tomato, chopped
- 2 cloves garlic, chopped
- 8-10 kalamata olives, pitted and sliced (or 1 small can sliced black olives)
- 6 artichoke hearts, sliced
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup chopped fresh parsley, plus more for garnish

For the seitan, heat spray or oil in a skillet over medium heat, add the seitan and sauté until lightly browned. Add the tomato and garlic and simmer for 1 minute.

Add the olives, artichoke hearts, tofu feta, salt, pepper and parsley and mix lightly. Garnish with lemon slices and a sprinkling of parsley, and serve.

Use lemon slices for garnish. Serve with salad greens in a halved pita pocket, or as a plated salad.