

Fattoush Salad with Halloumi Tofu

From Stir The Pot By Michelle Albanes Davis

Active Cooking Time: 20 minutes

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Makes enough for 4 people as a side

2 teaspoons avocado or olive oil
1 brick of extra firm tofu, pressed and sliced into bite-sized cubes
2 cloves of garlic, minced
1 tablespoon chopped capers
Juice from 1 lemon, about 2 tablespoons
½ teaspoon dried oregano
½ teaspoon dried basil
2 tablespoons red wine vinegar
1 teaspoon agave
Salt and pepper
3 cups diced tomatoes, about three large tomatoes
2 cups diced cucumber, about one large cucumber
½ cup sliced green onion
¼ cup minced red onion
¼ cup chopped parsley
¼ cup chopped mint
2 tablespoons of your best extra virgin olive oil
1 cup broken up pita chips
Pinch of sumac, optional

In a medium nonstick pan, add the avocado oil over a medium high heat. Add the plain tofu with a pinch of salt and fry until at least two sides are crispy, about 6-8 minutes. Turn off the heat and set it all aside for a sec.

In a large bowl, add the garlic, capers, lemon juice, dried oregano, dried basil, red wine, agave, and pinch of salt and pepper and mix well. Toss in the fried tofu and make sure it gets completely coated in the dressing. While that sits and absorbs some flavor, cut up the rest of your veggies. You can even let this rest overnight with all the chopped veggies resting on top. Just wait to toss in all the fresh herbs etc. until it's time to serve it.

When it's time to make the salad, add the cut tomatoes, cucumbers, green onion, red onion, parsley, and mint and toss until everything is combined. Drizzle over the olive oil, another pinch of salt and pepper, and toss again. Taste and add more lemon juice or herbs, whatever you think it needs. Fold in the pita chips and sumac, if using, and serve right away.