

## **super-green pesto with pasta & tofu “feta”**

Makes enough for 2-3 people, depending on how “saucy” you like your pesto

### **Ingredients**

#### **Tofu “feta”**

1 package non-GMO extra firm tofu  
4 Tablespoons lemon juice  
4 Tablespoons olive oil  
2 teaspoons dried oregano or herbs de Provence  
2 teaspoons salt

#### **pesto**

1 cup packed fresh basil (large stems removed)  
1 cup packed fresh parsley (large stems removed)  
2 cups packed kale, spinach or other sturdy greens such as collards  
3 Tablespoons hemp seeds or sunflower seeds  
3 Tablespoons walnuts  
3 large cloves garlic (peeled)  
2 Tablespoons lemon juice  
3 Tablespoons nutritional yeast  
1/4 teaspoons sea salt (plus more to taste)  
4 Tablespoons extra virgin olive oil (if avoiding oil, substitute with water)  
6 sundried tomatoes, sliced

#### **pasta**

2-3 oz per person, penne or rotini

### **Instructions**

#### **Tofu feta – 2.5 hours before dinner...**

Rinse the tofu and wrap it in a clean tea towel. Place a heavy pan or board on top of it and weight it down cans/rocks/bottle (anything heavy – I use a 10 lb bar bell!)

Let it sit for 30 minutes under the weight.

Then unwrap it and cut the tofu into 1-inch cubes.

Mix the lemon juice, olive oil, herbs and salt in a container and add the tofu cubes.

Marinate for 2 hours or longer (overnight is good too, but put it in the fridge)

#### **pesto**

Put the sundried tomatoes in a cup and add a little boiling water and put aside.

To a food processor, add the basil, parsley, spinach or kale, nuts/seeds, garlic, lemon juice, nutritional yeast, and sea salt and blend/mix on high until a loose paste forms. Add olive oil (or water) a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed.

Pour the pesto into a large serving bowl.

Boil the pasta as per directions.

Meanwhile, scoop the tofu out of the marinade and put it into the bowl with the pesto.

Scoop the sundried tomatoes out of the water and add to the bowl.

When the pasta is cooked, drain and mix into the pesto and tofu.

Sprinkle with vegan parmesan if desired.

Note: you can adjust flavor of the pesto to taste, adding more nutritional yeast for cheesy flavor, salt for overall flavor, seeds for “nuttiness” or thickness, or lemon juice for acidity.

*Adapted from the Minimalist Baker website.*