

# Feta Pine-Nut Dip

This recipe is a variation of that found on [www.epicurious.com](http://www.epicurious.com) and is completely vegan and absolutely delicious. The tofu feta must be made first and that recipe can be found on [www.edenfoods.com](http://www.edenfoods.com).

1/2 pound organic, extra-firm tofu, rinse and drain  
2 tbsp. Eden Ume plum vinegar

1/2 cup pine nuts  
1/2 red bell pepper  
1/2 cup packed fresh flat-leafed parsley leaves  
6 oz. tofu feta (see 1st step)  
1/4 tsp. minced garlic  
1 cup plain soy yogurt

1. To make tofu feta, slice tofu in 1inch cubes and place in bowl. Toss with the ume plum vinegar and marinate for 1 1/2 to 2 hours, mixing occasionally. Place tofu in a strainer and rinse quickly under cold water to remove excess sodium. Set aside.
2. To make dip, first toast pine nuts in a shallow baking pan, stirring occasionally, until golden, about 7 minutes, and transfer to a plate to cool.
3. Separately chop nuts, bell pepper, and parsley and combine in a bowl. Stir tofu feta into nut mixture with garlic, yogurt, and salt and pepper to taste.
4. Serve dip with pita toasts or bagel chips. Enjoy! Makes about 2 cups.

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# Shopping List

## Tofu Feta and Feta Pine-Nut Dip

Ingredients	Wieght or Volume	PLU #
organic, extra-firm tofu	1/2 pound	_____
Eden Ume plum vinegar	2 tbsp.	_____
pine nuts	1/2 cup	_____
red bell pepper	1/2	_____
packed fresh flat- leafed parsley leaves	1/2 cup	_____
minced garlic	1/4 tsp.	_____
plain soy yogurt	1 cup	_____

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