**Greek salads**

¼ c extra-virgin olive oil

¼ t sea salt

3 T lime juice

2 garlic cloves, minced

1 t fresh oregano

1/2 t Dijon mustard

1 t Nutritional yeast flakes (optional)

1 English cucumber, cut lengthwise,

 seeded, and sliced ¼-inch thick

1 green and yellow bell pepper,

 roast then chopped into 1-inch pieces

1 pint cherry tomatoes halves

1 block firm tofu cut into ½ inch cubes

1/2 c thinly sliced red onion

1/2 c pitted Kalamata olives

1 T fresh mint leaves

Instructions:

In a bowl, whisk together the olive oil, lime juice, garlic, oregano, mustard, salt, and several grinds of pepper. Add the diced tofu and let it rest for 20 minutes before mixing into the salads. On a large bowl add the cucumber, green pepper, cherry tomatoes, red onions, and kalamata olives. Pour the dressing and very gently toss. Sprinkle oregano and top with the mint leaves. Set aside for 30 minutes to allow the flavors to blend. Serve at room temperature.

**Cowboy caviar**

4 tomatoes on the vine - seeds removed, diced

2 ripe avocados diced

1/2 c red onion diced

15 oz black beans rinsed and drained

15 oz black eyed peas rinsed and drained

2 c frozen sweet corn thawed

1 bell pepper diced

1 jalapeno pepper seeds removed, diced into very small pieces

⅓ c Cilantro finely chopped

1/4 c green scallions Dressing

1/2 c olive oil

3 T lime juice fresh

1 t sugar

½ t salt

½ t smoke paprika

¼ t garlic powder

2 t Nutritional yeast flakes ( optional)

Tortilla chips for serving

Instructions

Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss well so that ingredients are well-combined. In a separate bowl, whisk together olive oil, lime juice, lime juice, sugar, salt, pepper, and garlic powder, nutritional yeast flakes. Add the dressing over other ingredients and stir well. Refrigerate for 20 minutes before serving. Could be made 1 day ahead.