

EXPLORING THE BLUE ZONES GREEK MENU



Explore the phenomena of the health and longevity of Blue Zone populations and sample recipes for plant-based Mediterranean favorite including:
Gyros Salad, Grilled Lemon Chick'n Salad, Falafel Wrap with Tzatziki Sauce

VEGAN COOKING 101
MONDAY, MAY 6TH | 5:00 - 7:30 PM
POINT LOMA HERVEY BRANCH LIBRARY

GRILLED LEMON CHICK'N GREEK SALAD

INGREDIENTS

CHICK'N & MARINADE:

16 ounces tofu (firmest)
 Juice of one and a half lemons
 3 tablespoons olive oil
 1-2 clove garlic, minced
 1 tablespoon fresh oregano, chopped
 2 teaspoons lemon pepper seasoning

SALAD:

3 hearts of Romain lettuce, sliced
 ½ small purple onion, sliced
 1 pint organic cherry tomatoes, halved
 1 medium English cucumber
 4 ounces vegan feta, cubed
 1 cup whole pitted Kalamata olives

DRESSING:

⅓ cup red wine vinegar
 ½ cup olive oil
 Juice of ½ lemon
 1 teaspoon Dijon mustard
 1 tablespoon fresh oregano, chopped
 1-2 cloves garlic, minced
 Freshly ground salt and pepper to taste

DIRECTIONS:

Break the tofu in half lengthwise by hand. Continue dividing each piece in half lengthwise by hand to form rough, uneven strips. Lay all the strips on a cutting board and divide the larger pieces with a knife until they are about 1/2 inch thick and resemble pulled chicken. See the Chick'n Cut on [page XX](#).

Combine all the ingredients for the marinade in a medium non-metallic mixing bowl. Add the tofu pieces, then gently fold and stir to coat them evenly with the marinade. Cover the bowl and refrigerate for 4 hours.



Prepare the lettuce, onion, tomatoes, and cucumber, and place them in a large salad bowl. Toss the salad, then cover it, and chill it until ready to serve.

Heat a flat grill or large skillet to medium high. Reserve the liquid from the marinated chick'n and place the tofu pieces on the hot grill. Grill the chick'n for 3-4 minutes, and turn it to brown it evenly. Drizzle the reserved marinade over the chick'n as it browns. Cook for 6-8 minutes or until evenly browned.

Place all the ingredients for the dressing in a small bowl, and whisk it to blend it well.

Remove the salad from the refrigerator and toss in the cubed feta and olives. Top the salad with the warm grilled lemon chick'n and serve it with a side of dressing. **Makes six entree-sized salads.**

I used to love Greek Salads so veganizing this one was a must! Leftovers make a great filling for a wrap. Use a commercial vegan feta or try the tofu feta on [page XX](#).

GYROS SALAD

INGREDIENTS:

SALAD:

3 hearts of romaine, sliced into ½" strips
 ½ small purple onion, sliced thin
 ½ cucumber, peeled and sliced thin
 1 pint cherry tomatoes, halved
 ½ pint mixed olives
 ½ cup garbanzo beans, drained
 ½ cup vegan feta ([see page XX](#))
 1 cup vegan gyros meat ([see page XX](#))
 1 tablespoon olive oil
 1 teaspoon agave or maple syrup
 Freshly ground salt and pepper to taste

DRESSING:

¼ cup extra virgin olive oil
 2 tablespoons lemon juice
 3 tablespoons red wine vinegar
 2 tablespoons fresh oregano, chopped fine
 1 clove garlic, minced
 1 teaspoon Dijon mustard
 2 tablespoons vegan feta cheese
 Freshly ground salt and pepper to taste

ACCOMPANIMENTS:

Grilled pita bread wedges
 Side of hummus

DIRECTIONS:

Prepare the lettuce, onion, cucumber, tomatoes, olives, and garbanzo beans by tossing them in a large salad bowl. Set aside.

Use the Basic Red Meat recipe on [page XX](#) to create gyros, or purchase commercially available strips for convenience. The feta can also be made with tofu (refer to the recipe on [page XX](#)), but commercial vegan feta is great too.



Combine the ingredients for the dressing in a liquid measuring cup. Whisk the ingredients together and set aside.

Heat a large skillet over medium-high heat. Add one tablespoon of olive oil and stir in the vegan gyros meat. Drizzle with a teaspoon of agave or maple syrup and sauté 5-10 minutes, or until they begin to caramelize and brown. Remove the strips from the pan and set them aside. Wipe out the pan and return it to the heat. Place the pita bread in the pan and lightly toast it lightly on both sides.

Pour the dressing over the salad and toss well.

Place a large serving on a plate and top the salad with vegan feta cheese, olives, and the grilled vegan gyros. Serve with a side of hummus, warm pita bread, and a sprinkle of freshly chopped oregano.

FALAFEL WRAP

INGREDIENTS:

- 1 package Frozen Falafel
- 2 cups organic greens
- 1 tomato chopped
- 1 persian cucumber, chopped
- 1/4 cup sprouts
- 1 package flat bread

Tzaki Sauce:

- 1 (12-ounce) package firm Silken tofu
- 2 cloves garlic, minced
- 2 tablespoons red wine vinegar
- juice of ½ a lemon
- 3 tablespoons fresh dill, chopped
- 2 Persian cucumbers, grated
- Freshly ground salt and pepper to taste
- Drizzle of olive oil

DIRECTIONS:

Prepare the frozen falafel according to package directions.

Tzaki Sauce:

Grate the cucumber, then use a clean dish towel or paper towels to squeeze out the excess moisture.

Place the tofu in the jar of a blender, add the garlic and red wine vinegar and blend until smooth. Add the cucumber and dill, pulse the ingredients briefly leaving them slightly chunky. Transfer the sauce to a serving bowl and drizzle it with olive oil.

Heat a flat grill to medium high and lightly toast the flatbread. Place a layer of greens in the center of the bread the top it with chopped tomato, cucumber, sprouts and the tzaki sauce.



Visit Baron's Market for a beautiful selection of olive oils and the Balboa International Market for the best selection of flat breads and pita.

