

# Greek Salad with Mock Feta

Created by Jackie Graff  
Sprout Raw Food

Serves 8

- 1 red onion, chopped fine
- 6 Roma tomatoes, grape, or cherry chopped fine
- 3 red or yellow peppers, chopped fine
- 2 cucumbers, chopped fine
- 1 cup parsley, chopped fine
- 1 cup basil chopped fine
- ¼ cup oregano, chopped fine
- 1 cup Greek or other sun-dried olives
- 1 head romaine lettuce, torn into bite sized pieces
- 1 cup *Mock Feta Cheese* crumbled (see recipe on following page))

## Dressing

- 1 - 2 garlic cloves
- 1 teaspoon sea salt
- ½ cup lemon juice
- 1/4 cup olive or flax oil

1. Place the onions, tomatoes, peppers, parsley, basil, oregano, and olives in a bowl.
2. Blending dressing together until smooth and pour dressing over vegetables stirring well.
3. Just prior to serving, tear and gently toss lettuce into this mixture and place in a serving bowl, garnishing with more olives, and top with crumbled feta

# Mock Feta Cheese

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Serves 8

2 cups macadamia nuts, soaked for 8 hours and drained  
2 cups filtered water  
1 probiotic capsule  
¼ cup unpasteurized chickpea miso  
½ teaspoon salt  
¼ cup lemon juice  
1 cup pine nuts, soaked for 8 hours and drained

1. Place macadamia nuts, filtered water, probiotic, salt, and lemon juice in blender and blend until smooth.
  2. Add pine nuts and blend until smooth.
  3. Place in a shallow dish in dehydrator and dehydrate for 6-8 hours until it resembles cream cheese or ricotta cheese.
  4. Stir several times during dehydration, as a crust will form on top.
  5. Spread 3/4 inch thick on a teflex sheet and dehydrator tray and dehydrate for 12 hours until it can be cut. This cheese will darken as it dries.
  6. Turn over onto a dehydrator screen and dry 2-4 more hours until dry on the outside and still slightly moist in the middle.
  7. Cut into small squares ¼ inch and dehydrate 2 more hours and crumble into chunks.
- Shelf life: 1 month refrigerated