GARBANZOS WITH SPINACH AND "BETTA FETTA"

This recipe is adapted from *The Uncheese Cookbook* by Joanne Stepaniak, later issued in a revised 10th anniversary edition as *The Ultimate Uncheese Cookbook* by Jo Stepaniak.

"A Mediterranean-inspired medley that is superb over couscous, rice, millet, or cracked wheat. Serve with plenty of extra lemon wedges on the side."

Main Recipe

Have ready: One recipe Betta Fetta, drained and crumbled, marinade reserved for use in main recipe

1 cans garbanzo beans, drained*
2 10-oz packages frozen chopped spinach, cooked**
Marinade from Betta Betta
1 tsp ground cumin
2 tbsp fresh lemon juice (juice of one lemon) or more
Freshly ground black pepper to taste

Place the beans, spinach, marinade, and cumin in a large saucepan and cook, stirring often, until hot (about 10 minutes).

Stir in the lemon juice and crumbled Betta Feta, and season with pepper. Serve warm or at room temperature.

*You can use garbanzo beans cooked from scratch. Soak 1½ cups dried garbanzos in several cups of water, overnight or at least several hours before cooking, then drain and add new water at about 2X the volume of the beans. Cook for about an hour over medium-low heat , checking frequently to see if you need to add water, and checking at the end for doneness.

**You can substitute fresh spinach, or other leafy greens whether fresh or frozen. Make sure the greens are cooked to your liking before adding to the dish.

BETTA FETA

14-16 oz firm regular tofu, drained and cubed
1/4 cup red wine vinegar
2 tbsp tahini
2 tbsp fresh lemon juice
1 tsp salt
1 tsp each dried basil and dried oregano
1/2 tsp garlic granules or garlic powder

Cut the tofu in cubes. In a medium-sized bowl, whisk together the marinade ingredients until well blended. Add the cubed tofu and stir together well. Cover, stirring occasionally to make sure the tofu cubes are evenly coated. Store in the refrigerator if not using right away; keeps about 1 week.







