

# Mediterranean Tofu Dip

**Ingredients:**

- 1 clove garlic
- 1 tsp. whole fennel seeds
- 16 oz. firm tofu, drained
- 1 cup oil packed sun-dried tomato halves
- 1 tbsp. olive oil
- 3 tbsp. lemon juice
- ¼ cup basil, chopped
- ½ tsp. salt



<b>Nutrition Facts</b>			
Serving Size 1/2 cup (113g)			
Servings Per Container 5			
Amount Per Serving			
<b>Calories</b> 140		Calories from Fat 80	
% Daily Value*			
<b>Total Fat</b> 9g			<b>14%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 260mg			<b>11%</b>
<b>Total Carbohydrate</b> 8g			<b>3%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 0g			
<b>Protein</b> 8g			
Vitamin A 6%    •    Vitamin C 40%			
Calcium 15%    •    Iron 10%			
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			



**Directions:**

1. Put garlic clove and fennel seeds through food processor with motor running, and process until garlic is chopped, about 10 seconds.
2. Cut tofu into 4 pieces, and put tofu, tomatoes, oil and lemon juice into processor, processing until almost smooth.
3. Add basil, salt and additional lemon juice if needed, to sharpen flavors. Pulse a few times to distribute. Serve in shallow bowl and garnish with basil leaves.