

## TOFU PATE

8 SERVINGS

- 3 Large garlic cloves, minced
- ¼ cup olive oil
- 12 ounces firm tofu, drained
- ½ tsp. Salt
- pepper to taste.

This can all be processed in a food processor or in a blender. If you do not have either of these then mix by hand. Place in a bowl. Cover & refrigerate until ready to serve.

When ready to serve add by stirring in:

- ¼ cup sliced kalamata olives, pitted
- 2 TBSP. capers

Serve on a bed of lettuce with whole grain crackers or with cut up vegetables.