

Tofu Eggless Salad



CHOICES
Steps Toward
Health

Serves 8

1 pound firm tofu

Optional vegetables:

1/2 cup fresh scallions, diced

1/2 cup fresh celery, diced

1/2 cup fresh carrots, diced

Dressing:

2 tablespoons yellow mustard

1/2 teaspoon turmeric

1 teaspoon onion powder

1 teaspoon garlic powder

1/2 cup mayonnaise, low-fat

1. Drain tofu. Wrap in layers of paper towels to dry.
2. Place a heavy object on top of tofu (like a skillet) and let it sit while you prepare other ingredients.
3. Wash and dice vegetables, if desired.
4. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables.
5. Use as a sandwich spread or serve on a bed of crisp greens.

TIP:

- Use a variety of chopped vegetables for different tastes and textures.

Nutrition Facts: (with diced vegetables): Serving size: 1/2 cup; Calories: 120; Fruits and Vegetables: 1/2; Fat: 6 g; Fiber: 2 g



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