



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.



# SUPER TOFU "EGG" SALAD

USE AS A DELI SALAD OR SANDWICH FILLING!

MAKES 6 SERVINGS

## INGREDIENTS

- 1 lb. block firm tofu, pat dry
- 1/2 tbsp olive oil
- Ground black pepper as needed
- 1 cup celery, diced
- 2 tbsp green onions, finely chopped
- 3 tbsp red onion, small diced
- 1 tbsp of dijon mustard
- 1/2 cup mayonnaise
- 3 tbsp low fat buttermilk or reduced fat milk
- 2 tbsp rice vinegar
- 1/2 tsp ground turmeric
- 1/2 tsp madras style curry powder or regular curry powder
- Sandwich bread (optional)

## METHOD

- 1 Liberally brush the tofu with olive oil and season generously with salt and pepper. Place on a baking sheet, preferably on top of a silicon baking mat and bake in a preheated 375°F oven for 15 minutes or until the tofu just begins to take on a slight bit of color. Remove and cool.
- 2 Break up the tofu into medium-sized chunks and place in a bowl along with the celery, scallions and onion.
- 3 In a separate bowl whisk together the mustard, mayonnaise, buttermilk, rice vinegar, turmeric and curry until smooth. Add salt and pepper to taste if needed and pour over tofu mixture.
- 4 Gently combine with a spatula.

\* Nutrition facts do not include sandwich bread

[Return to Table of Contents](#) 9

**NUTRITION FACTS:**    **Calories 220**    **Total Fat 19g**    **Sodium 190mg**    **Fiber 1g**    **Protein 8g**