

Tofu eggless salad

Makes ~6 generous sandwich sized servings

Ingredients:

1 block extra firm tofu
1/4 cup nutritional yeast
1/2 cup vegan mayonnaise
2 celery ribs, finely chopped
1/4 small yellow onion, finely chopped
1 dill pickle, chopped
1/2 teaspoon turmeric
3/4 teaspoon dill (dry)
1/2 teaspoon salt



Crumble tofu into a small bowl. In a separate bowl, stir together remaining ingredients. Combine mixture with tofu.

Serve as a dip with pita, crackers, or cut vegetables, or as a sandwich filling on whole grain bread, stuffed in a pita, or in a lettuce wrap.

Nutrition info (per serving): 150 calories, 11g fat, 377mg sodium, 5g carb, 2g fiber, 9g protein. Good source of calcium and iron.



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