

EGGLESS "EGG" SALAD



DIFFICULTY

EASY



TIME

10 MIN



SERVES

4

INGREDIENTS

1 12-14 ounce package of Extra Firm Organic Tofu
1/3-1/2 cup of Veganaise (vegan mayonnaise-buy the organic if it is available)
2 Tbsp Mustard (you can use almost any such as yellow, Dijon or Stone-ground)
2 tsp Agave Nectar
1 tsp Apple cider Vinegar
1 tsp ground Tumeric
¾ tsp Kala Namak (Indian Black Salt)
¼ tsp Ground Pepper

Optional Ingredients:

Chopped Red Onion
Shredded Carrots
Organic Pickle Relish
Chopped Dill
Smoked Paprika
Hemp Seed

NUTRITION FACTS PER SERVING

Calories: 235 Fat: 18g (Saturated Fat: 1.3g) Carbohydrates: 2.6g Fiber: 0.2g Sugar: 2.5g Protein: 11g

DIRECTIONS

1. With a fork, mash tofu in a bowl. Add Veganaise, Mustard, Agave Nectar, Tumeric and Kala Namak. Thoroughly mix and add the remaining ingredients.



CALIFORNIA SCHOOLS
VEBA

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