

Chickenless Curry Salad

Ingredients

- 2 Tb. vegan mayo
- 1 Tb. rice vinegar
- 2 tsp. honey or maple syrup
- 2 tsp. curry powder
- salt and pepper, to taste
- 6 oz. firm tofu, chopped (or use vegan chicken strips or chickpeas)
- 2 Tb. sliced almonds
- 2 Tb. raisins or currants
- 2 stalks celery, diced
- 2 stalks green onions, diced

Nutrition Tip: This is a vegan take on a classic curry chicken salad. Serve it over greens or stuffed in a pita or sandwich as a great packable lunch option.



Directions

1. In a large bowl, whisk together the mayo, vinegar, honey, curry powder, salt and pepper.
2. Add the tofu, almonds, raisins, celery, and green onions. Toss well to combine. Allow to chill or serve immediately.

Recipe adapted from <https://www.budgetbytes.com/curried-tofu-salad/>

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