

Curry Tofu Salad

Ingredients

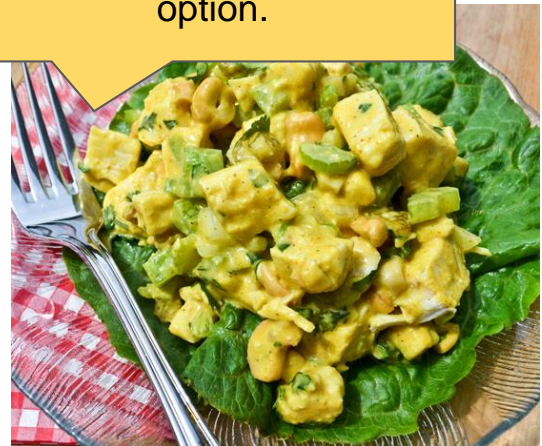
- 2 tablespoons mayo
- 1 tablespoon lemon juice (or rice vinegar or apple cider vinegar)
- 2 teaspoons honey
- 2 teaspoons curry powder
- salt and pepper, to taste
- 6 oz. firm tofu, chopped (or chickpeas or tuna)

Optional: 2 tablespoon sliced almonds, 2 tablespoon raisins, 2 stalks celery, diced (or other hardy veggies like broccoli or carrots)

Directions

1. In a large bowl, whisk together the mayo, vinegar, honey, curry powder, salt and pepper.
2. Add the tofu (or protein alternative) and other optional ingredients almonds, raisins, and celery. Toss well to combine. Allow to chill or serve immediately.

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



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

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