

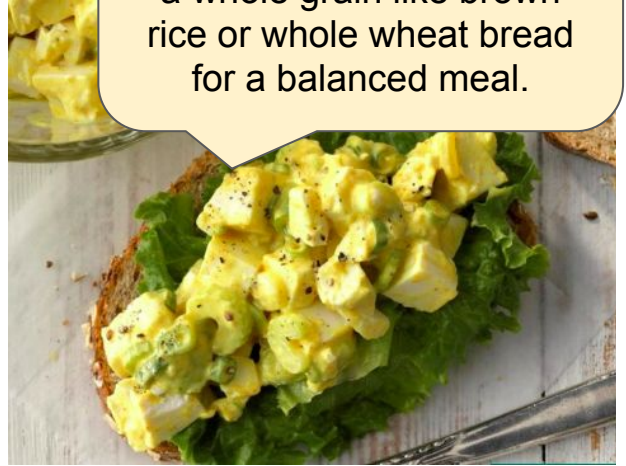
Tofu Salad

Ingredients

(makes 4 servings)

- 1/4 cup mayonnaise
- 1/4 cup chopped celery
- 1/4 red onion, diced
- 2 tablespoons sweet relish
- 1 tablespoon yellow or Dijon mustard
- 1 package firm tofu, cubed
- Salt and pepper to taste

Nutrition Tip: Serve this tofu salad with veggies and a whole grain like brown rice or whole wheat bread for a balanced meal.



Directions

1. In a medium-large mixing bowl, mix together mayo, celery, red onion, sweet relish, and mustard.
2. Gently stir in tofu.
3. Add salt and pepper to taste.
4. Enjoy tofu salad as sandwich filling, on top of salad or with other starch.

Recipe adapted from
tasteofhome.com/recipes/better-than-egg-salad/

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