

Tofu Egg Salad

1 pound tofu, drained

4 T Vegenaïse

Chopped celery

Chopped green onions

Chopped pickles

1 t turmeric

1 t dill weed

½ t salt (or to taste)

Mash tofu with a potato masher or fork. Mix ingredients together. Add chopped celery, green onions, and chopped dill pickles to mixture. Great on whole grain toast. Serves 6.

Naturally Gourmet cookbook by Karen Houghton, RN, BSN