



## The Incredible Egg-less Egg Salad

Serves 4

Prep time: 10 minutes

### *Ingredients:*

1/3 cup regular mayonnaise (contains eggs) or vegan mayonnaise (use half low fat yogurt in place of mayo for a lighter dish)

1-1/2 tablespoons Dijon mustard

1/2 teaspoon ground turmeric

Pinch cayenne pepper

1 tablespoon each chopped fresh parsley and dill

1 tablespoon sugar (optional)

Salt and pepper

1 lb. extra-firm tofu, cut into 1/4 to 1/2-inch cubes

### *Directions:*

In a large bowl, mix together mayonnaise, mustard, turmeric, cayenne pepper, herbs and sugar (optional). Add salt and pepper to taste. Mix in cubed tofu gently.

Refrigerate for at least one hour.

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**Strawberry Fields**