Tofu "Egg" Salad Sandwich

Source: The Survivor’s Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD

You won't miss the egg in these tasty sandwiches!

About the Recipe

175 Calories · 9.1 g Protein · 4.4 g Fiber
Lunch
Nut-free

Ingredients

Makes 4+ Servings

- 16 oz (454 g) firm silken tofu
- 6 romaine lettuce leaves
- 12 slices whole-grain bread
- 1/4 tsp (1.2 mL) garlic powder
- 1/4 tsp (1.2 mL) turmeric
- 1/4 tsp (1.2 mL) ground cumin
- 1 tsp (5 mL) iodized salt
- 2 tsp (10 mL) mustard
- 1/8 c (30 mL) plant-based mayonnaise substitute
- 2 tbsp (30 mL) pickle relish
- 1 green onion, finely chopped
- 2 tomatoes, sliced

Directions

1. Mash tofu with a fork or potato masher, leaving some chunks. Stir in green onion, relish, mayonnaise substitute, mustard, salt, cumin, turmeric, and garlic

powder.

2. Spread on bread and garnish with lettuce leaves and tomato slices. Top with a second slice of bread to form a sandwich. Repeat assembly process for up to 6 sandwiches. If you reserve some leftovers, store salad on its own and add to bread when ready to eat.
3. Note: Stored in a covered container in the refrigerator, leftover salad will keep for up to 3 days.

Nutrition Facts

Per serving (1 sandwich):
Calories: 175
Fat: 3 g
    Saturated Fat: 0.6 g
    Calories From Fat: 15.6%
Cholesterol: 0 mg
Protein: 9.1 g
Carbohydrate: 30.5 g
Sugar: 8.9 g
Fiber: 4.4 g fiber
Sodium: 827 mg
Calcium: 67 mg
Iron: 2.6 mg
Vitamin C: 3.5 mg
Beta-Carotene:127 mcg
Vitamin E: 0.4 mg