

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

- firm low-fat silken tofu (1 pound)
- lettuce leaves (6)
- whole-grain bread (12 slices)
- garlic powder (1/4 tsp.)
- turmeric (1/4 tsp.)
- ground cumin (1/4 tsp.)
- salt (1 tsp.)
- mustard (2 tsp.)
- plant-based mayonnaise substitute (2 tbsp.)
- pickle relish (2 tbsp.)
- green onion, finely chopped (1)
- tomato slices (6)

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 and tomato or vegetables of choice.
3. 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