

Eggless Salad Sandwich Filling

by Carol Throckmorton

Yield: Approx. 8 half-cup servings

3/4 C vegan mayonnaise

1 tsp. yellow mustard

1 tsp. kala namak salt* or other salt

½ tsp. onion powder

½ tsp. garlic powder

½ tsp. turmeric powder

¼ tsp. white pepper

¼ C nutritional yeast

1-2 green onions, thinly sliced

1-16 oz. package or regular tofu, firm or extra firm

1. In a medium-sized bowl, combine mayonnaise and mustard. Stir until well mixed. Add dry ingredients and sliced onions, if including; mix until blended.
2. Drain and rinse tofu; pat dry with paper towel. Crumble it into the bowl and mix thoroughly with other ingredients. Cover and refrigerate for several hours before serving to allow seasonings to blend with the tofu.
3. Use 1/2 cup of filling for two slices of whole-grain bread (can also be served with crackers).
4. Garnish with green onion slices, if desired.

*Kala namak salt is also called black salt or Indian salt. It is primarily sodium chloride, but also contains sulfur compounds, which provides a hard-boiled egg aroma and taste. It is used in vegan dishes to mimic the taste of eggs. It can be purchased at specialty grocery stores. This is an optional ingredient; other salt can be substituted.