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