



## “Cholesterol-Free” Egg Salad!

...tastes like the real thing!

- *from Denise's Kitchen*

### Ingredients:

1 pound of firm organic tofu  
1/2 cup of good quality "vegenaise" (more if nec.)  
2-3 tbsp of honey dijon mustard  
1/2 tsp of cayenne pepper  
1 tsp of organic turmeric  
1 tbsp of dried organic parsley (optional)  
2 tbsp of dried organic dill  
1/3 to 1/2 cup of finely chopped organic onion  
1/3 cup of finely chopped organic celery  
1/3 cup of finely chopped organic green pepper  
Sea salt & black pepper to taste

### Directions:

Drain the tofu, then slice it into 4 quarters. Place the slices on thick paper toweling. Cover with more paper toweling & press down to squeeze out any excess liquid. (Use more paper towels as needed.) Transfer the tofu to a medium-sized mixing bowl & begin breaking it up with a fork. It will easily turn into "egg-like" chunks. Add your remaining ingredients & stir to blend well. Adjust according to your taste. Use pumpernickel, honey-wheat, or any seeded bread to make delicious sandwiches. Surprise your friends with this egg-less treat!