

Eggless Salad

By: The Jaroudi Family

Serves 4-6

Ingredients:

14 oz extra firm drained tofu (397 g) or 15 oz can chickpeas, drained and mashed (425 g)

½ cup celery, chopped

½ cup carrots, chopped

½ tsp turmeric powder

1/8 tsp black pepper

1 tsp white miso paste mixed with 2 Tbsp water

1 Tbsp stone-ground mustard

Plant-Based Mayo

¾ cup white beans, cooked (212 g)

1/4 cup plant milk

1/2 tsp white wine vinegar or rice vinegar

1/2 tsp white miso paste

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 tsp stone-ground mustard

Directions:

- 1.) In a large bowl, combine the drained crumbled tofu or mashed chickpeas, celery, carrots, turmeric, black pepper, mixed miso, and stone-ground mustard.
- 2.) In a high-speed blender, add all the plant-based mayo ingredients and blend until smooth. (You can double the mayo ingredients if you have a wide blender)
- 3.) Fold in the plant-based mayo to the bowl with seasoned crumbled tofu or mashed chickpeas.
- 4.) Serve eggless salad mixture chilled on a salad or as a sandwich.