

No-Egg Salad

Your-Vegetarian Kitchen

Measure into a bowl and mix well:

1/2 Cup Nasoya Nayoanaisse or Veganaise

1 Tbs. Dijon Mustard

1 Tbs. scant Turmeric

1/2 tsp. Bells Poultry Seasoning

1 Tbs. Chopped Fresh Parsley

1 Tbs. Chopped Fresh Dill

1 Tbs. Chopped Fresh Green Onion

1/2 tsp. Sea Salt

Crumble in and mix well:

1 Package Firm Tofu crumbled

Season with:

Five grains Black Salt* (optional)

Black Pepper

Wonderful in Sandwiches or stuffed in a hollowed out Tomato on a bed of Boston Lettuce.

*Black Salt is available at Indian Grocery Stores. It has a high Sulfa content so you will need to use only as much as fits on the tip of a sharp knife. It is the Sulfa content that pulls the tofu into the familiar smell and taste of 'egg'.