

Eggless Salad Sandwich

Makes 6 sandwiches (6 servings)

These sandwiches have the flavor and appearance of egg salad without the saturated fat and cholesterol.

- 1 pound firm low-fat silken tofu
- 6 lettuce leaves
- 12 slices whole-grain bread
- 1/4 teaspoon garlic powder
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cumin
- 1 teaspoon salt
- 2 teaspoons mustard
- 2 tablespoons fat-free or low-fat dairy- and egg-free mayonnaise substitute (such as Fat Free Nayoise)
- 2 tablespoons pickle relish
- 1 green onion, finely chopped
- 6 tomato slices

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. Spread on bread and garnish with lettuce and tomato.

Stored in a covered container in the refrigerator, leftover Eggless Salad will keep for up to 3 days.

Per serving

- Calories: 175
- Fat: 3 g
- Saturated Fat: 0.6 g
- Calories from Fat: 15.6%
- Cholesterol: 0 mg
- Protein: 9.1 g
- Carbohydrates: 30.5 g
- Sugar: 8.9 g
- Fiber: 4.4 g
- Sodium: 827 mg
- Calcium: 67 mg
- Iron: 2.6 mg
- Vitamin C: 3.5 mg
- Beta Carotene: 127 mcg
- Vitamin E: 0.4 mg

Source: The Survivor's Handbook: Eating Right for Cancer Survival by Neal D. Barnard, M.D. and Jennifer Reilly, R.D.
