



PREPARATION: 20 MINUTES

4 SERVINGS

MOCK EGG SALAD

INGREDIENTS

227 g firm tofu ($\frac{1}{2}$ block)

$\frac{1}{4}$ cup diced celery

2 tablespoons minced chives

150 g soft tofu ($\frac{1}{2}$ container)

3 tablespoons mayonnaise

1 tablespoon white wine vinegar

1 garlic clove, minced

1 teaspoon dried basil

$\frac{1}{2}$ teaspoon turmeric

1 teaspoon green jalapeno pepper sauce*

* This green jalapeno pepper sauce is a bit less spicy than the original red sauce (e.g., Tabasco) and gives a magic touch to tofu recipes.

PREPARATION

- 1 On a clean kitchen towel, break the firm tofu into large pieces. Cover with part of the towel and press down with your hands to drain the water from the tofu.
- 2 In a large bowl, crumble the tofu. Add celery and chives and set aside.
- 3 In another bowl, combine the soft tofu, mayonnaise, vinegar, garlic, basil, and the turmeric. Add black pepper to taste. Add the mayonnaise mix to the bowl with the crumbled tofu and stir it together.
- 4 Enjoy with toasted bread, pita bread wedges, or crackers. Season with a few drops of pepper sauce to taste.

Tip: Add some cilantro for extra flavour.

Firm tofu, as opposed to soft tofu, can be kept in the fridge for 1 week. Store in a closed container, filled with water. Change water daily.

Soft tofu can only be kept for 2 days. Add the rest to a smoothie or enjoy as a dessert drizzled with honey.

Nutrient Analysis

PER SERVING:

$\frac{1}{4}$ of recipe

RENAL EXCHANGE:

2 Protein

Calories	179 Kcal
Protein	12 g
Carbohydrates	2 g
Fibre	0.4 g
Total Fat	14 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	109 mg
Potassium	201 mg
Phosphorus	101 mg