**Eggless Salad Sandwich**

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 4**

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| **Ingredients** | **Quantity** | **Measure** |
| Tofu, firm, drained | 2 | cups |
| Green Onions, finely chopped | 2 | each |
| Celery, finely chopped | .5 | each |
| Garlic Clove, peeled, minced | 1 | each |
| Nutritional Yeast | 2 | Tsp. |
| Turmeric | .25 | Tsp. |
| Paprika | .25 | Tsp. |
| Cayenne | 1/8 | Tsp. |
| Dijon Mustard | 1 | Tsp. |
| Vegan Mayonnaise | 1/3 | cup |
| Whole Wheat or Multigrain Bread | 4 | slices |

**Preparation**

1. **In a bowl, combine all ingredients (except bread), making sure tofu is well drained.**
2. **Assemble sandwich**

 **Serving Information**

**Sandwiches could also be assembles with ribboned cucumbers, tomatoes, shaved red onions.**