

Eggless Egg Salad

INGREDIENTS

14 oz firm tofu
2 tbsp nutritional yeast
3/4 tsp turmeric
1/4 tsp chipotle powder
1/4 tsp paprika
1/4 tsp garlic powder
1/4 tsp onion powder
1/2 tsp lemon juice
1/4 tsp sea salt
1/4 tsp ground black pepper
1 tbsp green onion
1 tbsp Dijon mustard
1 tbsp vegan mayonnaise
1–2 tbsp red onion (optional)
1/4 cup celery (optional)
2 tbsp cilantro (optional)

METHOD

1 Press the firm tofu to remove excess liquid. Using your hands, crumble the tofu into a large bowl.

2 Add the nutritional yeast, turmeric, chipotle powder, paprika, garlic powder, onion powder, lemon juice, sea salt, black pepper, minced green onion, Dijon mustard, and vegan mayonnaise. Mix until combined.

3 This step is about adding flavorings that make a traditional egg-salad sandwich taste like an egg-salad sandwich to you. If desired, add finely minced red onion or celery, or chopped cilantro. Mix to combine. Chill until ready to use. The filling improves as it sits, so it can be made ahead.

TIPS & ADDITIONAL INFORMATION

To press tofu, drain it, wrap it in a clean towel, place it on a flat surface, add weight, and let sit for 15–30 minutes. This removes excess moisture and improves texture when cooking. Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.