

Eggless Egg Salad



This eggless egg salad can make a delicious sandwich, snack, or appetizer. It is especially enjoyable during spring and summer as it requires no cooking and can be enjoyed chilled.

Feel free to get creative and experiment with different spices and ingredients to create the perfect eggless egg salad for you!

- 1 block Tofu, cubed
- ¼ cup Vegan Mayo*
- 2 Tbsp Mustard
- 2 Stalks Celery, chopped
- ½ tsp Kala Namak **
- 1 Tbsp Parsley

*There are many brands that make vegan mayo such as Veganaise, Just, and Best Foods. While some folks have a preference, any brand works great.

**Also known as black salt, kala namak is an Indian spice that adds an “eggy” flavor to foods.

1. Combine all ingredients in mixing bowl and mix well.
2. Adjust spices to taste.
3. Add additional spices and ingredients if preferred (such as garlic powder, onion powder, black olives, chopped onion, etc.).
4. Serve on sandwiches as part of a meal, or on crackers as a snack or side.