

Eggless Salad Spread

Ingredients:

- 1 lb. medium-firm tofu
- 4 Tbsp. reduced-fat mayonnaise
- 1 cup chopped celery
- ¼ cup chopped red or green onions
- 2 tsp. celery seed
- 2 tsp. garlic powder
- 1 Tbsp. yellow mustard
- ¼ tsp. salt



Servings: 4

Instructions:

1. Remove excess moisture in tofu by squeezing it between two paper towels.
2. Mash with a fork in a bowl.
3. Add remaining ingredients and let stand in refrigerator a few hours or overnight before serving.

Nutrition Facts

4 servings per container
Serving size 1 serving (168g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 124mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.