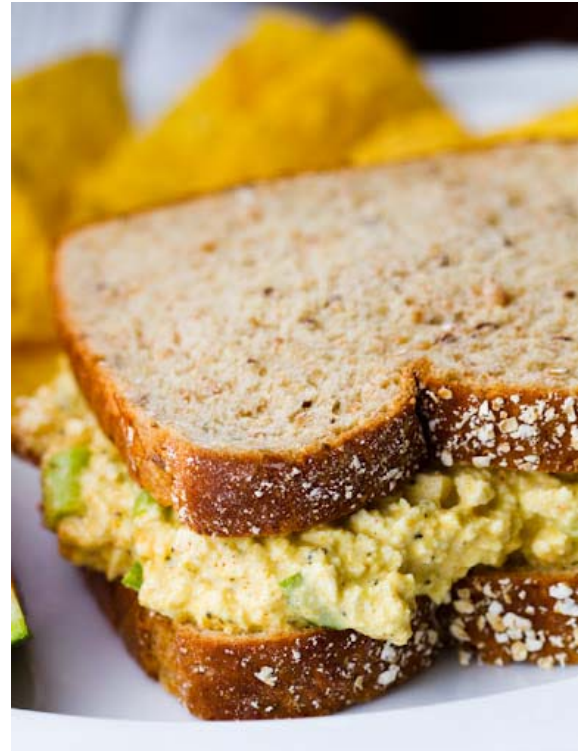


# Tofu Salad Sandwich

## Ingredients:

11 ounces extra firm tofu  
 ¾ tsp. lemon juice  
 1 tsp. curry powder  
 ¼ tsp. paprika  
 1 ½ stalk celery  
 2 ¼ tsp. Dijon mustard  
 5 tsp. cilantro, chopped  
 3 ¼ tbsp. chives, chopped  
 ⅛ tsp. salt  
 ¼ tsp. ground black pepper  
 8 slices whole wheat bread  
 4 pieces of romaine lettuce  
 1 ½ fresh tomato, sliced  
 2 ounces reduced fat veganaise



## Nutrition Facts

Serving Size 1 sandwich (240g)  
 Servings Per Container 4

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Amount Per Serving

**Calories 240**    Calories from Fat 100

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% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 11g          | <b>17%</b> |
| Saturated Fat 0.5g            | <b>3%</b>  |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 440mg           | <b>18%</b> |
| <b>Total Carbohydrate</b> 28g | <b>9%</b>  |
| Dietary Fiber 5g              | <b>20%</b> |
| Sugars 4g                     |            |
| <b>Protein</b> 16g            |            |

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Vitamin A 8%    •    Vitamin C 20%  
 Calcium 25%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Dice tofu and combine in a large bowl with the lemon juice, curry powder, SMOKED paprika, mustard, celery, cilantro, chives, salt and pepper and veganaise.
2. Chill in the refrigerator for about 1 hour.
3. Divide mixture among five sandwiches and top with lettuce and tomato.