

TOFUNA SALAD

1 lb. firm water-packed tofu, thawed* and crumbled
1 large celery stalk, diced
1 scallion, minced
½ c. Veganaise, or any soy mayonnaise
2 T. Braggs Liquid Aminos
1 T. lemon juice

*To freeze tofu, remove tofu from package and drain. To expedite the freezing and thawing process, cut tofu block into 4 equal parts. Freeze on small cookie sheet overnight. Remove from freezer and allow to thaw naturally – 2 or 3 hours.

Squeeze excess water out of thawed tofu. Crumble into small pieces with a fork or between fingers. Add remaining ingredients. Mix well. Allow flavors to blend for an hour or so.



This mock tuna salad tastes amazingly like the real thing (whatever that tastes like 😊) – without any of the fish and less fat. Serve it on bread, in a pita, on Triscuits, in a green or pasta salad, or stuffed into hollowed-out tomato halves.