

# Tofu Salad

Rating: ★★★★★

Makes: 4 servings

## Ingredients

- 3/4 pound** tofu (firm)
- 2 tablespoons** mayonnaise, reduced calorie
- 3 teaspoons** brown mustard
- 1/2 teaspoon** soy sauce, low-sodium
- 1/2 cup** celery (diced)
- 1 tablespoon** onion (diced)
- 1/2** green pepper (seeded and diced)
- 1 tablespoon** parsley (minced)

## Directions

1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.
2. In a small bowl, mix the mayonnaise, mustard and soy sauce.
3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parley; stir in the mayonnaise mixture and toss gently to coat.
4. Refrigerate covered until the flavors are blended - at least one hour.
5. Use as a sandwich filling or on top of whole grain crackers.

## Notes

### Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 86     |                |
| Total Fat      | 5 g    | 8%             |
| Protein        | 7 g    |                |
| Carbohydrates  | 4 g    | 1%             |
| Dietary Fiber  | 1 g    | 4%             |
| Saturated Fat  | 1 g    | 5%             |
| Sodium         | 128 mg | 5%             |

### MyPlate Food Groups

|               |              |
|---------------|--------------|
| Vegetables    | 1/4 cup      |
| Protein Foods | 1 1/2 ounces |

You may substitute yellow mustard for brown mustard.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters