

Tofuna Salad

1 lb firm tofu, drained and frozen
1 large stalk celery, diced
1 scallion, minced
½ c. tofu mayonnaise
2 Tbsp. soy sauce
1 Tbsp. lemon juice
1 tsp. kelp powder (optional)

Thaw tofu and squeeze out moisture. Crumble into small pieces. Add celery and scallion. In a small bowl, mix together mayonnaise, soy sauce, lemon juice and kelp powder. Add to tofu mixture and mix well.

Serves 6

Per serving: 136 calories; 11g protein; 6g fat; 8g carbohydrate; 0mg cholesterol; 426mg sodium; 1g fiber

Source: Vegetarian Times, February 1994