

Tofu Salad Sandwich

1 12-14oz Block Firm or Extra Firm Tofu (Not silken)
1 Green Onion, diced
2 Stalks Celery, diced
1/2 Red Pepper, diced
2 Tbsp Mustard (yellow, Dijon, gourmet...whatever your fancy!)
1/2 Tbsp White Miso
1/2 Tbsp Shoyu (I'll [blog](#) on this later. Shoyu is raw soy sauce. You can use shoyu, tamari and Bragg's Liquid Aminos interchangeably)
1/2 tsp garlic powder
1/2 tsp white pepper
1/3 C Vegan Mayo, plus more if needed
Sprinkle Parsley
S & P to taste
1/2 tsp + Dulse powder (added to boost nutrition. Optional)
Slices of whole grain, sprouted grain or gluten-free bread

Additional Sandwich 'Toppings'

Sprouts
Lettuce/Spinach Leaves
Tomatoes
Onions

Drain tofu and wrap in clean kitchen towel. (Actually, while you're at it, find a clean towel or buy a new one and designate this as your official Tofu Towel.) Place a cast iron skillet on top or something else heavy to press out excess moisture. Leave it there while you prepare and combine the remaining ingredients in a bowl, except for the bread. When it's all combined, crumble in the tofu. Mix it up like egg salad. It's definitely best if refrigerated first. Spread on bread with other toppings (I used organic Spinach leaves and sprouts pictured below.) It's FAR less fat/calories than egg salad or any other junk you were previously spreading on your bread at lunch!