

Tofu Spread

Preparation time	10 minutes
Cooking time	1 minute
Servings	4 sandwich fillings or 8 if served as a dip (about 4½ cups)
Cost per serving	\$1.36 per sandwich or 68¢ as a dip
Storage	5 days in the fridge. Can't be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, small bowl, large bowl, grater, fork, spoon.



Ingredients



1 egg



Salt and pepper to taste



1 firm tofu block (454 g)



250 ml (1 cup) grated carrots



1 garlic clove, peeled and minced



125 ml (½ cup) mayonnaise

OR SIMPLY ADD MORE MAYONNAISE



125 ml (½ cup) plain yogurt

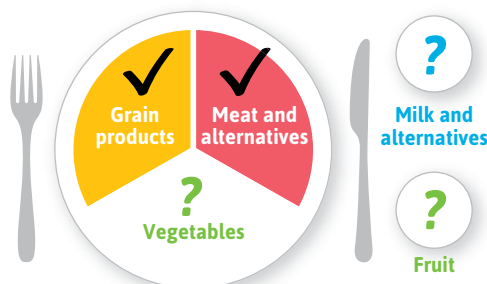


30 ml (2 tbsp) mustard



15 ml (1 tbsp) dried parsley


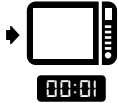



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Balanced plate

✓ One portion of this spread is a tasty way to add protein to a snack. If using this spread as a sandwich filling, serve with raw vegetables and a glass of milk (or a milk-based dessert) to round out your meal.

Directions

1	In a small bowl, beat the egg with a fork.	
2	Microwave for 50 seconds to 1 minute, or until the egg is cooked. Tip: Eggs may explode when cooked in a microwave. Cover with plastic wrap, leaving a small opening for steam to escape.	
3	Mash the cooked egg with a fork. Set aside.	
4	In a large bowl, crumble the tofu as finely as possible with your fingers. Tip: Use a knife to finely chop the tofu if you want a smoother texture.	
5	Add the mashed egg, tofu, carrots, garlic, mayonnaise, yogurt, mustard, parsley, salt and pepper and mix. Use this mixture as a sandwich filling or serve as a dip with raw vegetables.	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition