

Tofu Spread

Preparation time **10 minutes**

Cooking time **1 minute**

Servings **4 sandwich fillings or 8 if served as a dip** (about $4\frac{1}{2}$ 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

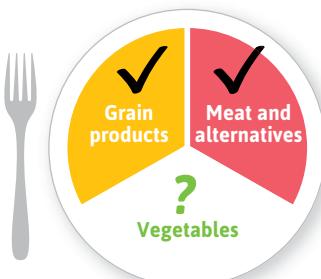


30 ml (2 tbsp)
mustard



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