

Egg-Less 'Egg' Salad Sandwich

Swick

Serves 4 to 6 | Active Time: 10 minutes | Total Time: 10 minutes

Step 1: Making the 'Egg' Salad Filling

- 14 oz firm tofu
- 1 tbsp minced green onion
- 1/2 tsp lemon juice
- 1 tbsp Dijon mustard
- 1/2 tsp Indian Black Salt*
- 2 tbsp nutritional yeast
- 3/4 tsp turmeric
- 1/4 tsp chipotle powder (or other chile powder)
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 tbsp Cashew Cream, vegan mayonnaise or Chipotle Dressing

To make the 'Egg' Salad filling, press the tofu to remove any excess liquid and then, using your hands, crumble it into a large bowl.

Next, add all of the remaining ingredients and mix to combine. *Note: Do not be tempted to omit the Black Salt as this is what give this dish the 'egg-like' flavor.

Lastly, taste for seasoning, adjusting the flavoring as desired.

Note: Either the Cashew Cream, vegan mayonnaise or the Chipotle Dressing would work for this recipe. If using the Chipotle Dressing, you may want to omit the additional chipotle powder and go a bit lighter on the other spices, until you have tried the final product. If using the Cashew Cream be sure to make the cream a bit thicker — meaning don't add as much liquid when blending the cashews.

Step 2: Adding Additional Ingredients | Optional

- 1 to 2 tbsp finely minced red onion
- 1/4 cup finely minced celery
- 2 tbsp chopped cilantro

This step is about adding flavorings that make a traditional egg-salad sandwich, taste like an egg-salad sandwich to you. Perhaps your mother used to make these sandwiches and she always added celery, in that case, you may want to add some minced celery, or maybe some pickles.

Basically, this is where you can personalize the sandwich to suit your tastes.

Once done, chill the mixture until ready to use. This filling actually gets better as it sits and chills in the refrigerator; therefore, it's a good thing to make ahead.

Step 3: Assembling the Sandwich

- whole-grain bread
- fresh cilantro or lettuce
- tomatoes, thinly sliced
- Cashew Cream, vegan mayo or Chipotle Dressing

To assemble the sandwiches, spread one side of the bread with either the Cashew Cream, vegan mayo or Chipotle Dressing. If desired, the bread can be toasted first. This again comes down to expectations. For instance, if your mom toasted the bread, you may want to do the same.

Place a generous amount of fresh cilantro leaves (or lettuce) on top of the cream and gently pressing it, to help it stick.

On the other side of the bread, place a generous amount of the 'egg' salad on to the bread and spread it out, but don't get too close to the edges, as it will spread out, even more, when you bite into the sandwich.

If desired, place a few pieces of thinly sliced tomatoes on top of the 'egg' salad. Season the tomatoes with salt and freshly ground black pepper.

Lastly, close up the sandwich, cut in half and enjoy.