

## **Tofu Salad**

Melt 1 tablespoon vegan margarine over medium-high heat.

Crumble 8 ounces firm tofu into skillet.

Cook until the tofu becomes dry and shrinks, about 5 minutes.

Stir in 1 teaspoon soy sauce,  $\frac{3}{4}$  teaspoon lemon juice and cook for 1 minute.

Cool for 10 minutes.

Combine:

1  $\frac{1}{2}$  tablespoons light miso

1  $\frac{1}{2}$  tablespoons tahini

2 tablespoons fat free mayonnaise

1 tablespoon Dijon mustard

Add:

$\frac{3}{4}$  cup grated carrots

$\frac{3}{4}$  cup diced red bell pepper

$\frac{3}{4}$  cup diced celery

2 tablespoons chopped scallions

1  $\frac{1}{2}$  teaspoons chopped fresh parsley

salt and pepper

cooled tofu