

No Egg-Egg Salad (vegan)

This recipe makes about 4 cups



Ingredients

1-14oz block of firm tofu
½ cup vegan greek yogurt (like Kite Hill)
⅓ cup dijon mustard
½ cup diced celery
½ cup diced onions
¾ cups peas
½ tsp garlic powder
⅛ tsp cayenne pepper
1 tsp turmeric

Optional 1-2 pickle spears diced

Directions:

1. Drain the tofu and press for about 15 minutes to remove excess moisture
2. Cut the tofu into small pieces. (very small is better for rehydration)
3. In a large mixing bowl, combine the vegan greek yogurt, Dijon mustard, diced celery, diced onions, peas, garlic powder, cayenne pepper, and turmeric
4. Stir in the diced tofu and mix until all ingredients are evenly combined
5. If using, add the diced pickle spears
6. Add parchment to your trays
7. Spoon the “egg” salad onto trays
8. Freeze dry (my cycle time was 60 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ¾ cups freeze-dried egg salad to a bowl along with ⅓ cup of cold water. Rehydration took about an hour for me. I think my tofu pieces were too large. If you cut your tofu smaller it will rehydrate faster.

Notes:

Try crumbling the tofu for faster rehydration. Just use your hands to crumble in sections. This will be a less chunky consistency and should rehydrate faster.

Nutritional Value Per ¾ cup serving

Calories: 62 Protein: 7 g Fat: 2 g Carbohydrates: 4 g Sugar: 1 g Fiber: 1 g