

# Tofu Salad Sandwich

This sweet and savory vegan Tofu Salad Sandwich is a quick and easy light lunch. Made with sweet pickle relish and vegan mayo, it is sure to please!

Prep Time  
5 mins

Total Time  
5 mins



4.50 from 4 votes

Course: Main Course    Cuisine: American

Diet: Gluten Free, Vegan, Vegetarian    Servings: 4    Calories: 314kcal

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## Ingredients

- ½ cup vegan mayo or to taste
- ½ cup sweet pickle relish or to taste
- 1 ½ teaspoon mustard or ½ teaspoon mustard powder
- 1 teaspoon turmeric
- Salt and Pepper
- 14 oz firm tofu drained
- 1 cup chopped celery (2 stalks)
- 2 tablespoons chopped green onion
- Bread

## Instructions

1. Mix vegan mayo, pickle relish, mustard, turmeric, salt and pepper.
2. Crumble tofu and add to dressing.
3. Add chopped celery and green onion, and mix well.
4. Mix thoroughly, and serve over greens, in a wrap or sandwich.

## Notes

Tofu salad will last up to 5 days in an airtight container in the fridge.

## Nutrition

Calories: 314kcal | Carbohydrates: 17g | Protein: 9g | Fat: 23g | Saturated Fat: 3g | Sodium: 579mg | Potassium: 78mg | Fiber: 2g | Sugar: 10g | Vitamin A: 515IU | Vitamin C: 1.7mg | Calcium: 134mg | Iron: 1.8mg

*Recipe from Create Mindfully:*