

Tofu Vegetable Spread – Vegan – SOS

Prep Time: 5 minutes
Total Time: 5 minutes

Serving Size: 2
Calories per serving: 128
Fat per serving: 2 grams

'Engine 2 Diet', by Rip Esselstyn, p-238.

Ingredients

- 1/2 pound extra firm tofu, drained and crumbled
- 2 thinly sliced green onions
- Juice of 1/2 lemon
- 1 teaspoon dry mustard
- 1 1/2 teaspoons white vinegar
- 1/4 teaspoon turmeric
- 1/4 teaspoon paprika
- Black pepper, to taste

Instructions

1. Process all the ingredients until slightly chunky, about 15 seconds.

Notes

Nutrition facts (per serving): Calories: 128, from fat: 20, total fat: 2g, cholesterol: 0mg, sodium: 99mg, total carbohydrate: 13g, fiber: 0g, sugar: 0g, protein: 8g.