

Chik'n Salad with Soy Curls®

Many of us remember the classic chicken salad that was a favorite sandwich filling. **I've got the perfect replacement recipe: a knock-your-socks-off salad featuring Soy Curls, vegan mayonnaise, veggies, and herbs.** Soy Curls have a meaty chewy texture that will fool your most avid meat-eating friends. Serve on bread or rolls with your favorite toppings-we like lettuce, sprouts, sliced tomato, cucumber, and red onion.

Ingredients

- ▶ 4 ounces Soy Curls (about half a package)
(or 2 cups garbanzo beans, roughly smashed)
- ▶ $\frac{3}{4}$ - 1 cup vegan mayonnaise, store-bought or homemade
- ▶ 2 teaspoons lemon juice
- ▶ 2 celery stalks, small diced
- ▶ 1 carrot, shredded
- ▶ 3 green onions, sliced
- ▶ $\frac{1}{2}$ cup chopped dill pickles or dill pickle relish
- ▶ 1 cup seedless red or green grapes, chopped
- ▶ 2 tablespoons chopped fresh dill (or 2 teaspoons dried dill)
- ▶ 2 teaspoons Dijon mustard
- ▶ $\frac{1}{2}$ teaspoon sea salt
- ▶ $\frac{1}{4}$ teaspoon black pepper

Directions:

1. Put the Soy Curls in a bowl and cover with warm water. Soak for 10 minutes or until fully rehydrated. Drain and squeeze out the excess water. Pulse the Soy Curls in a food processor until a fine texture is achieved.

2. In a medium bowl, combine the Soy Curls, mayonnaise, lemon juice, celery, carrot, green onions, pickles, grapes, dill, mustard, salt, and pepper. Mix until the ingredients are well combined. Serve immediately as a sandwich, wrap, or salad. Store in an airtight container in the refrigerator for up to 5 days.

Tips & Hints

If you are ordering Butler Soy Curls, I recommend you store them in the refrigerator or freezer to keep them fresh.

Soy Curls are an all-natural product that do not contain any preservatives or additives. They also contain natural fats and will go rancid when stored on your pantry for long periods of time.

Easy Nut Free Tofu Mayonnaise

Yields: 1 ½ cups

Prep Time: 10 minutes

Cook Time: 0 minutes

- 1). 1-12.3-ounce package silken firm tofu (or soft tofu)
- 2). 1 tablespoon fresh lemon juice
- 3). 2 tablespoon apple cider vinegar
- 4). 1 teaspoon Dijon mustard
- 5). 2 teaspoon maple syrup
- 6). ½ teaspoon sea salt, or to taste

Directions

Place all the ingredients in a high-speed blender and blend until smooth and shiny.

