

# Village Health Clinic

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## RECIPES

### SOY MAYONNAISE

1/4 lb. Silken tofu  
1 tbsp. olive oil  
2 tbsp. Dijon mustard  
2 tbsp. distilled vinegar  
Pinch of tarragon

Blend all ingredients in a food processor or mash the tofu in a bowl & whisk in the other ingredients.  
Optional: Add 2-3 tbsp. of finely chopped herbs such as parsley, tarragon, basil, oregano, dill, or 3 minced cloves of garlic, 2 chopped shallots.