

Village Health Clinic

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.