

RECIPE ADVENTURES

with Autymn



Episode 1: Eggless Salad



Ingredients

- ⦿ Extra firm tofu
- ⦿ Your favorite mayonnaise
- ⦿ Spices
 - Cumin
 - Turmeric
 - Garlic powder
 - Onion powder
 - Chili powder
- ⦿ Small onion
- ⦿ Crunchies (sunflower seeds or others)
- ⦿ Salt & Pepper (to taste)

Supplies:

- ⦿ Bowl
- ⦿ Fork
- ⦿ Knife
- ⦿ Spoon
- ⦿ Paper towels

This is everything you will need



Let's Begin!

Cut open and drain the tofu



Towel dry the tofu



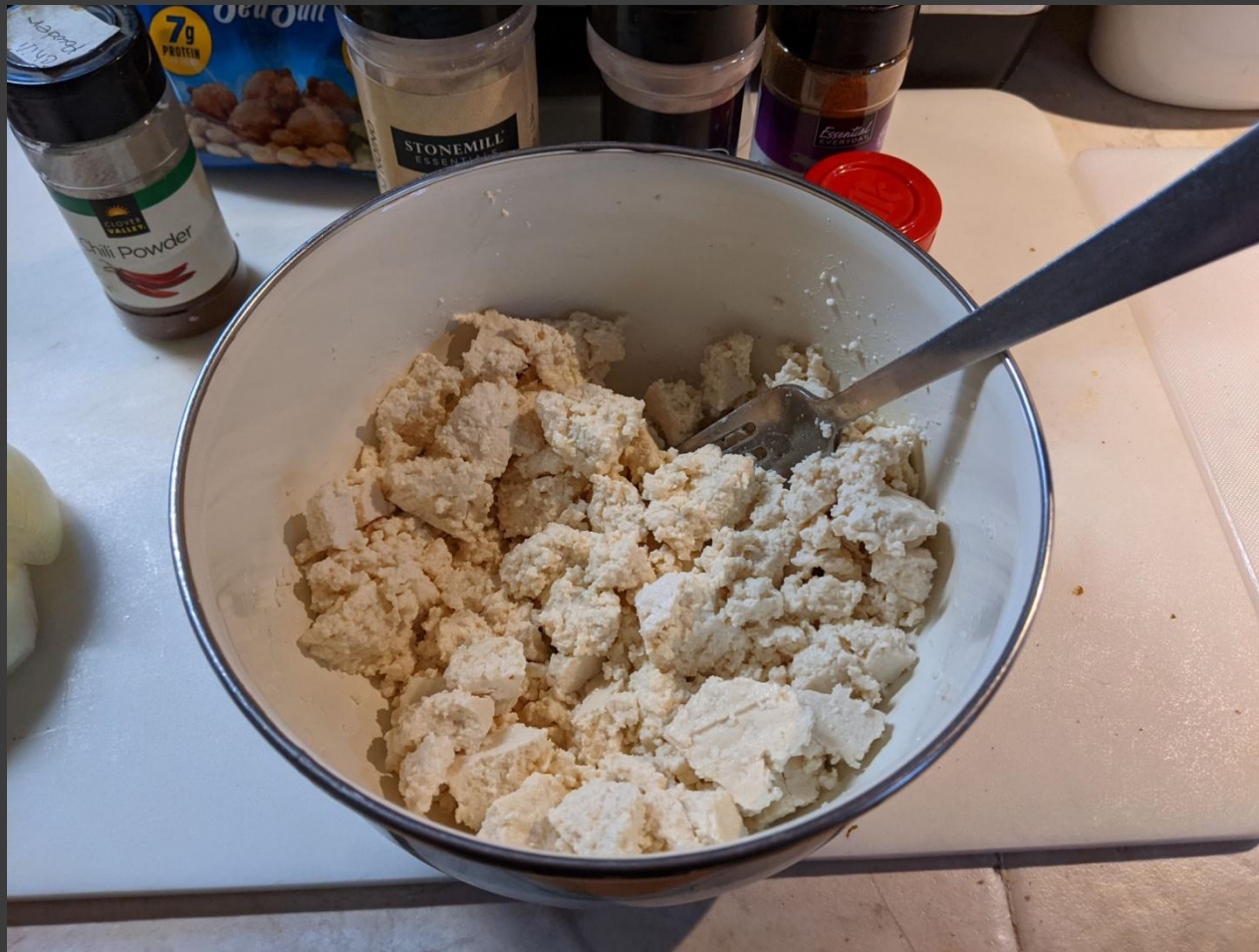
Much better!



Break up tofu with fork



It should look like this



Turmeric and cumin



These spices add color



Not enough color



Add more!



The right color



Add mayo



Stir!



Add Chili, Garlic, and Onion powder



Add crunchies!

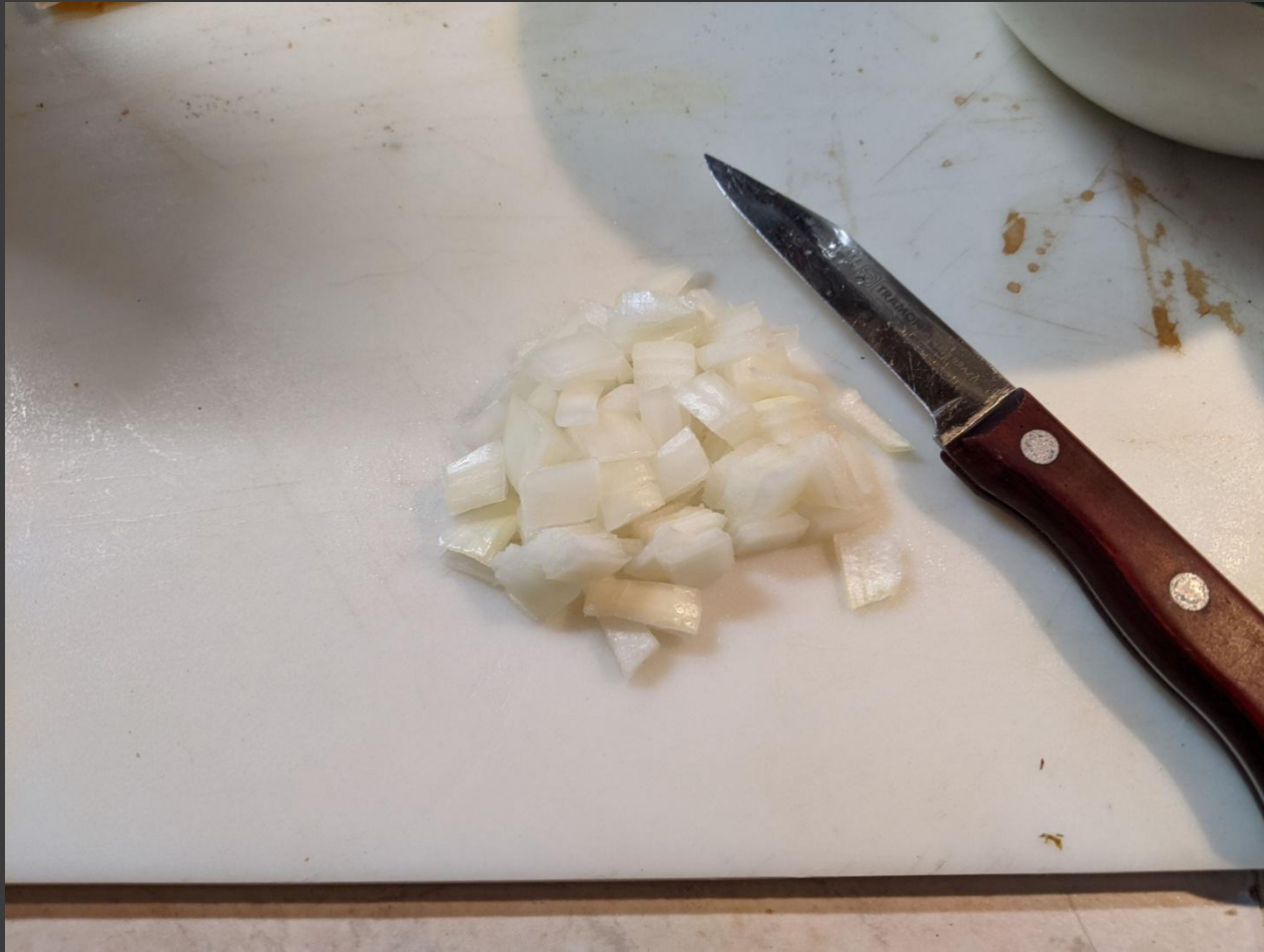


These are a mix of sunflower seeds, chickpeas, and lentils; use your favorites!

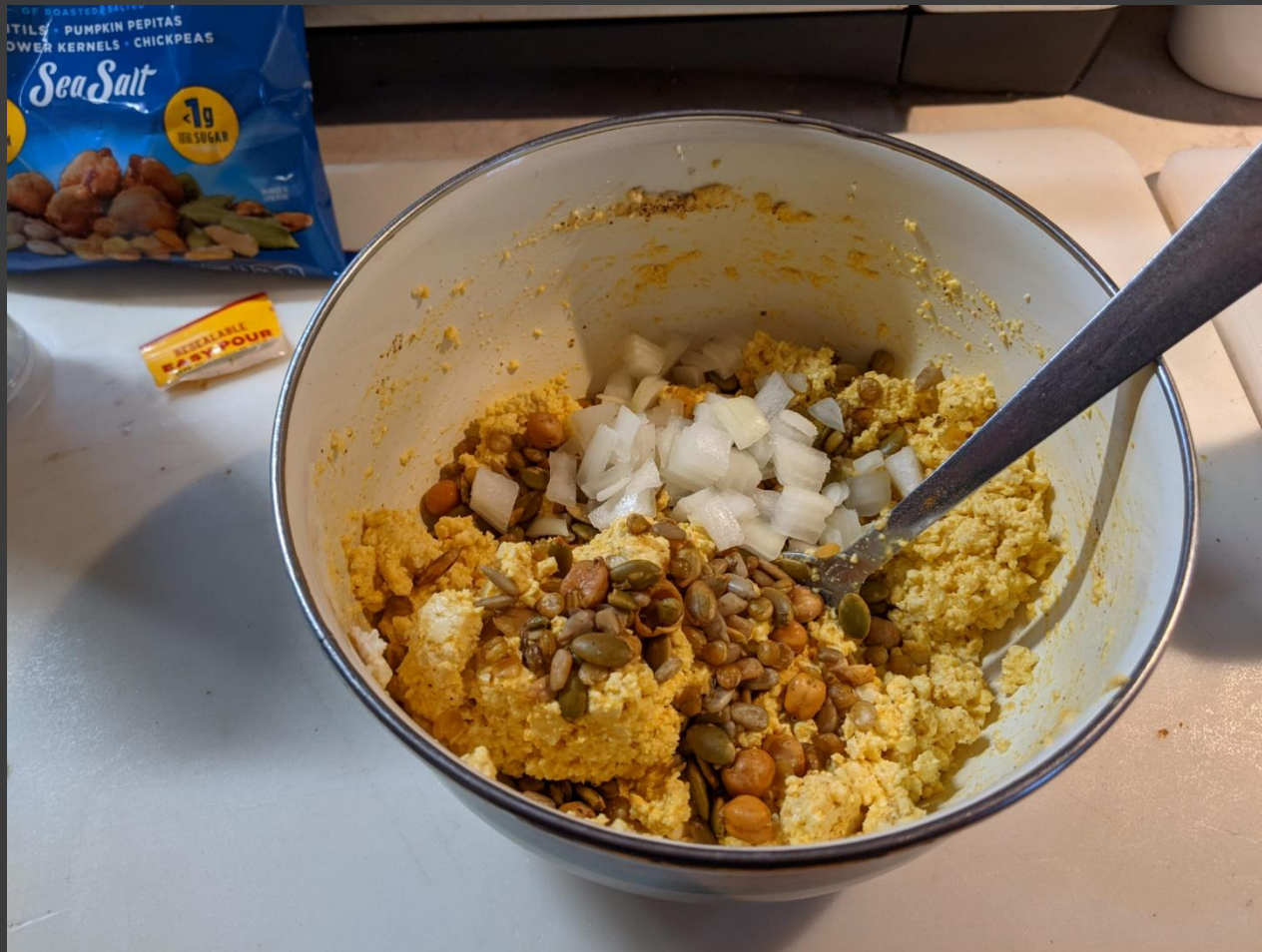
Just a little onion



Chop up fine



Stir!



Taste test



Add salt and pepper



Needs more salt



Hint: if it's bitter add more salt

And done!



Refrigerate leftovers





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