

Vegetable Egg Spread

3 hard-cooked eggs, peeled and chopped
2 ounces medium-firm tofu, drained and diced
½ cup thinly sliced celery
¼ cup chopped onion
1 Tablespoon chopped fresh parsley
¼ teaspoon dries whole dillweed or 1 Tablespoon chopped fresh dillweed
¼ teaspoon freshly ground pepper
½ teaspoon Worcestershire sauce
3 Tablespoons reduced-calorie mayonnaise
2 Tablespoons plain low-fat yogurt
½ cup frozen green peas, thawed and drained

Combine all ingredients except peas in a medium bowl and mix well. Add peas and toss gently. Cover and chill. Use as a sandwich filling or on crackers, flatbreads or hard rolls.

Recipe source: <http://homecooking.about.com/od/sandwichrecipes/r/blsand7.htm?p=1>

Original recipe source: Southern Living 1987 Annual Recipes (Oxmoor House)