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|  | **Ingredients** | **Step** |
| Tofu "Egg" Salad | 1 cup  (3 ounces) extra-firm **tofu**  2 Tablespoons  **celery**, diced  1 Tablespoon  **onion**, finely minced  1 Tablespoon  light **mayonnaise**  1 Tablespoon  plain nonfat **yogurt**  1⁄4 teaspoon  prepared **mustard**  1⁄2 teaspoon  **lemon juice**  1⁄8 teaspoon  each **salt** and **pepper**  1⁄8 teaspoon  **dill** (optional) | 1. Cook ground beef, onion, and green pepper in large skillet over medium heat (300 degrees in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan. 2. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn, and beans. 3. Cook, covered, for about 20 minutes or until rice is soft. 4. Remove from stove top, sprinkle with grated cheese, and serve hot. 5. Refrigerate leftovers within 2 hours. |