



Makes 4 wraps
Preparation Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS:

1½ cup raw cashews
½ teaspoon fine sea salt
2½ tablespoons Dijon mustard or
2 teaspoons mustard powder
2 tablespoons fresh lemon juice
2 teaspoons apple cider vinegar
1 16-ounce package firm tofu,
drained and pressed (see tip,
recipe intro)
2 tablespoons nutritional yeast
1 garlic clove, minced
¼ to ¾ teaspoon black salt (kala
namak) or sea salt to taste
¼ teaspoon freshly cracked
black pepper
½ teaspoon ground turmeric
1 cup chopped bell pepper
(about 1 medium pepper)
1 celery stalk, finely chopped
4 large collard leaves, washed,
patted dry, and stemmed (see
tip, recipe intro)

Dom Thompson's Vegan Egg Salad Collard Wraps

Editor's note: The following recipe is excerpted from Dominick Thompson's new cookbook, [Eat What Elephants Eat: Vegan Recipes for a Strong Body and a Gentle Spirit](#). Check out our [Q&A with Thompson here!](#)

Collard greens are associated with Southern cooking and “soul” food. They're usually cooked down with ham hocks or bacon. But you can enjoy them raw! All it takes is a quick trim of their tough stems and midribs, and the large, sturdy leaves (which, when laid out on my cutting board, remind me of elephant ears!) become a nutrient-dense wrap for a tofu-based vegan egg salad. Firm tofu gives the right boiled egg texture, but black salt (kala namak) is the secret ingredient for the eggy taste. It will still taste delicious if you skip it, though.

Tips

Pressed Tofu (Towel Method): Wrap the tofu block in a clean kitchen towel or a double layer of paper towels, then place it on a plate with a cast-iron skillet or heavy cutting board on top for about 20 minutes to squeeze out the water.

Pressed Tofu (Tofu Press Method): A tofu press is a kitchen gadget that comes in handy if you plan on cooking tofu frequently! Most cost less than \$25 and use a spring mechanism to press excess liquid out of a block of tofu. Press the tofu for a minimum of 15 minutes before using it.

To stem a collard green and remove the midribs: Place the collard leaf on a cutting board, rib-side up. Use a sharp knife to cut on either side of the midrib to remove it and the stem completely.

Gluten-free version: To make this recipe gluten-free, use a gluten-free Dijon mustard.

Cashew Mayo: You will have extra Cashew Mayo. Store it refrigerated in an airtight container for up to 1 week, and use it for sandwiches, coleslaws, potato salads, and more!

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By Dominick Thompson

- 1 To make Cashew Mayo, place the cashews in a bowl and add hot water to cover by about 1 inch. Soak for 20 minutes, then drain well. In a blender (preferably high-powered) or food processor, combine the soaked cashews, salt, 1 tablespoon of the Dijon mustard (or 1 teaspoon mustard powder), lemon juice, vinegar, and ¼ cup water. Blend on high for 2 to 4 minutes, until smooth and creamy.
- 2 To make the “egg” salad, place the tofu in a medium bowl and

use a fork to break it up into small pieces. Stir in ¼ cup of the cashew mayo, the remaining 1½ tablespoons mustard (or 1 teaspoon mustard powder), nutritional yeast, garlic, black salt, pepper, and turmeric until well combined. Add the bell pepper and celery and stir to combine.

- 3 To assemble the wraps, lay the collard greens flat on a clean work surface. Working with one collard green at a time, place a ¼ cup scoop of the salad at the base and roll up, like a burrito, tucking in the sides as you roll. Cut in half and serve. Store leftover Cashew Mayo refrigerated in an airtight container for up to 1 week.