

Tofu Taco Wraps

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 12-14 ounces extra firm tofu
- ¼ cup reduced sodium tamari or soy sauce
- 1 tablespoon peanut butter
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- ½ teaspoon onion powder
- 16 leaves of romaine, iceberg, or butter lettuce
- 1 cup tomatoes, minced
- 2 tablespoons onion, minced
- 1 teaspoon lime juice
- ¼ teaspoon salt



Directions

1. Preheat oven to 400°F. Grease a baking sheet or line with parchment paper.
2. To press the tofu, slice into 3 slices and place onto a towel on a cutting board. Top with another towel and a heavy plate or pan, press gently, and let sit while you prepare the sauce.
3. In a medium bowl, combine tamari, peanut butter, chili powder, garlic powder, cumin, and onion powder, mixing well. Remove the tofu from the towels and squeeze about 1/3 to 1/2 of each slice by hand to remove excess water, then crumble into the tamari mixture, repeating until all tofu is crumbled. Stir until tofu is evenly coated and spread into an even layer on the baking sheet.
4. Bake for 30-40 minutes, or until browned and a little crisp on the outside, stirring once or twice.
5. Combine the tomato, onion, lime juice, and salt to make the salsa. Place tofu onto each lettuce wrap and top with salsa.

Notes

Allergen note: If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.

Add another side to make the meal more filling – beans, brown rice, salad, fruit, etc.

Recipe from Cook Well Berkeley: Savory Meals and Snacks, Spring 2016

