

Tofu Taco Wraps

Serves 4

Ingredients

- 12-14 ounces extra firm tofu
- ¼ cup low 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.



Tip

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

Breakfast Pizza Puffs



Ingredients

- 1-2 tablespoons oil
- 10 large eggs
- 1 cup bell peppers, thin sliced
- 1 cup frozen spinach, thawed
- ½ cup pizza sauce
- ¼ teaspoon salt or to taste
- Optional: ¼ cup mozzarella cheese

Serves 6

Directions

1. Preheat oven to 350°F. Grease a muffin tin with oil or line with muffin cups and spray the muffin cups with cooking spray.
2. Whisk eggs in a large bowl. Stir in vegetables. Pour eggs mixture into muffin tin, top each muffin with about 2 teaspoons pizza sauce, and sprinkle with cheese if using.
3. Bake for 20-25 minutes or until golden brown on top. If necessary, broil the muffins for 2-3 minutes to brown the cheese.
4. Refrigerate leftovers for up to 4 days and reheat in the microwave for about 30 seconds per puff.

Tip

Try any other combination of vegetables – aim for 2 cups total

- *Sautéed: greens, mushrooms, onion*
- *Roasted: broccoli, carrots, other root vegetables*
- *Grilled: zucchini, eggplant, bell peppers, onion*

Ranch Roasted Chickpeas



Serves 4

Ingredients

- 15 ounce can chickpeas (garbanzo beans), rinsed and drained
- 1 tablespoon extra virgin olive oil
- 1 tablespoon dried dill
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Preheat oven to 425°F. Dry rinsed chickpeas between towels and discard any loose skins that fall off.
2. In a small bowl, combine seasonings. In a medium bowl, combine about half of the seasoning and mix well with olive oil. Mix in chickpeas and stir to coat. Spread in a single layer on a baking sheet and roast for 35-45 minutes, stirring every 15 minutes or so, until crispy and golden brown. Immediately toss with remaining seasoning mix.
3. If they are soft in the middle, they will taste good, but will get soggy after a day or so. If you want to snack on them a few days later, cook them until completely crisp and store in an airtight container.

Tip

Enjoy as a snack, or use as a salad topping

Cauliflower Fried “Rice”

Ingredients

Serves 4

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small head cauliflower or 3 cups grated or riced cauliflower
- 1 cup frozen mixed vegetables
- 2 large eggs, beaten
- 2 tablespoons low sodium tamari or soy sauce
- Salt to taste
- Sliced green onion and/or sesame seeds for garnish

Directions

1. To “rice” cauliflower, remove the green leaves/stems and wash it. Grate on a box grater, pulse small florets in a food processor, or process florets through the grater attachment in a food processor.
2. Heat oil in a wok or large skillet over medium high heat. Add garlic and cook for 30 seconds, until fragrant. Add cauliflower and mixed vegetables and cook until just tender, stirring occasionally, about 3-5 minutes.
3. Push cauliflower to one side of the pan to create a space and pour in the eggs into the open part of the pan. Stir just the eggs to scramble until fully cooked, then mix into the cauliflower mixture. Gently stir in tamari and salt to taste. Garnish with green onions and sesame seeds and serve warm.

Tip

You can now find “riced” cauliflower at the grocery store – it will save you time in preparation and clean-up!



Tip

To make it a complete meal, add sautéed tofu, chicken, or shrimp, or leftover baked or rotisserie chicken.