

Asian Zing Tofu Tacos

Making tofu always intimidated me because I wrongfully believed tofu was hard to make and flavorless. Fun fact: it is not, and it absorbs whatever flavor it is immersed in. Lately, I have been trying to vary my protein sources vs relying solely on meat. Tofu, which is made from soy, is a simple protein alternative to meat. So, I adapted this recipe from the "Eating Bird Food" blog and gave tofu a chance. To my surprise, these were easy and jam-packed with flavor!

Ingredients:

TOFU:

- 1 lb Extra firm tofu, pressed and cut into cubes
- 3 tbsp Bragg's Aminos (can sub low-sodium soy sauce here)
- 1 tbsp Sesame oil
- 1 tbsp Garlic powder

SLAW:

- 2 cups Red cabbage, shredded
- ½ cup Carrots, shredded
- ½ cup Scallions, sliced
- 1 large Red bell pepper, sliced
- 1 tbsp Ginger, grated
- 1.5 tbsp Reduced fat mayonnaise
- 1 tbsp Sesame oil
- 1 tbsp Bragg's Aminos (can sub low-sodium soy sauce here)
- 1 tbsp Rice vinegar
- ½ tbsp Mirin

FOR SERVING:

- 8, 6-inch Tortillas (we used corn tortillas here)
- 1 medium Lime, halved

Directions:

1. Preheat oven to 400 degrees F.
2. Make sure the tofu is pressed and cut into cubes.
3. Whisk together the Bragg's, sesame oil, and garlic powder. Toss with the tofu.
4. Evenly spread the tofu on a baking sheet then bake for 20 minutes. Flip the tofu halfway thru the ensure both sides are browned.
5. While the tofu is cooking, start preparing the slaw. Toss the veggies in one bowl. In a food processor or blender, add ginger, mayonnaise, sesame oil, Bragg's Aminos, rice vinegar, and mirin. Blend ingredients until smooth. Pour the dressing over the veggies and toss. Place in the fridge while you finish preparing the tofu.
6. Assemble one serving worth of tacos by separating ¼ tofu onto 2 (6-inch) tortillas, then top with 1/2 cup slaw each and fresh squeezed lime juice.

Nutrition Facts:

Servings: 4 servings
 Serving size: 2, 6-inch tacos with 1 cup slaw and ¼ tofu

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Nutrition Facts

Serving Size: 1 x 2 Tacos (1/4 tofu + 1 cup slaw)

Amount Per Serving	% Daily Value*
Calories	376.2 kcal 19 %
Total Fat	19.9 g 31 %
Saturated Fat	3.2 g 16 %
Trans Fat	0 g
Cholesterol	0.3 mg 0 %
Sodium	1059.3 mg 44 %
Total Carbohydrate	31.6 g 11 %
Dietary Fiber	5.2 g 21 %
Sugars	7.2 g
Protein	22.6 g 45 %
Vitamin A	57 % • Vitamin C 141 %
Calcium	17 % • Iron 25 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.