

Tofu Veggie Wrap

1 SERVING 25 MINUTES



INGREDIENTS

5 ozs Tofu (extra firm, pressed, sliced)
1 tbsp Tamari
1 Brown Rice Tortilla
1 cup Baby Spinach
1/4 Cucumber (julienned)
1/4 Carrot (julienned)
1/2 cup Purple Cabbage (chopped)

DIRECTIONS

- 01 Marinate the tofu slices in tamari for 15 minutes.
- 02 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 03 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	316	Carbs	38g
Fat	10g	Protein	21g