

Sesame Tofu Lettuce Wrap

Ingredients:

- 1 pig (79 g) extra firm tofu
- 1 tbsp. sesame oil
- 1 ½ tbsp. rice vinegar
- 2 tbsp. canola oil
- ¼ cup low sodium soy sauce
- 2 tsp. sugar
- 1 garlic clove
- 1 tsp. crushed red pepper flakes
- 2 scallions, thinly sliced
- 1 ¼ sesame seeds
- ½ cup carrots, grated
- 1 tbsp. grated ginger root
- 1 cup steamed broccoli
- 8 lettuce Bibb leaves, large



*VEGAN



*GLUTEN-FREE

Nutrition Facts

Serving Size 2 lettuce wraps (148g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 5g

Vitamin A 80% • Vitamin C 60%

Calcium 10% • Iron 10%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Drain water from the tofu package. Place tofu block between two paper towels and press firmly with both hands. Cube tofu.
2. Mix the remaining ingredients together in a large bowl to make your own marinade.
3. Stir fry the tofu and marinade in a non-stick skillet for 10 minutes or until lightly browned. Let Cool. Place the tofu in the center of lettuce leaves and enjoy.