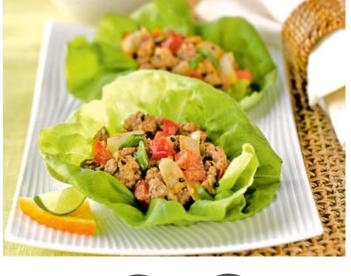


Sesame Tofu Lettuce Wrap

Ingredients:

- 1 pig (79 g) extra firm tofu
- 1 tbsp. sesame oil
- 1 ½ tbsp. rice vinegar
- 2 tbsp. canola oil
- 1/4 cup low sodium soy sauce
- 2 tsp. sugar
- 1 garlic clove
- 1 tsp. crushed red pepper flakes
- 2 scallions, thinly sliced
- 1 1/4 sesame seeds
- ½ cup carrots, grated
- 1 tbsp. grated ginger root
- 1 cup steamed broccoli
- 8 lettuce Bibb leaves, large







Nutrition Facts

Servings Per Container 4			
Amount Per Serving			
Calories 140	Calc	ries fron	r Fat 90
		% Da	ily Value*
Total Fat 10g			15%
Saturated Fat		5%	
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 420mg 18 '			18%
Total Carbohydrate 9g 3%			
Dietary Fiber 3	3g		12%
Sugars 4g			
Protein 5g			
Vitamin A 80%	• \	/itamin C	60%
Calcium 10%	•	ron 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			
Saturated Fat Less Cholesterol Less	than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 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.