

## Shredded BBQ Tofu Wrap

### Ingredients:

#### Serves 4

- 16 oz firm tofu
- 9" whole grain flour tortilla
- ½ cup corn
- 1 ½ cups fresh spinach, chopped
- 2 Tbs BBQ sauce
- ½ Tbs oil
- 4 cloves garlic, crushed
- ½ tsp smoked paprika
- ⅓ cup long grain white rice
- ⅛ cup chopped green onion
- 1 ½ cups shredded red cabbage
- ¼ cup vegan mayonnaise
- ½ Tbs in chipotle adobo sauce



\*SOY FREE



\*VEGAN



### Directions:

1. Cook the rice according to package instructions and set aside.
2. Grate the tofu into large shreds.
3. Add oil to a pan over medium heat. Once hot, add the garlic, tofu, and smoked paprika. Cook for 5 minutes.
4. Add the BBQ sauce and continue cooking for 2 minutes, then remove from heat.
5. Assemble the wraps with the cooked rice, topped with tofu, spinach, cabbage, corn and green onions. Wrap tightly
6. In a small bowl mix the vegan mayonnaise and chipotle adobo sauce.
7. Serve the sauce alongside wraps and enjoy!

### Nutrition Facts

|                               |                               |
|-------------------------------|-------------------------------|
| 4 servings per container      |                               |
| <b>Serving size</b>           | <b>4 Wraps</b>                |
| <b>Amount per serving</b>     |                               |
| <b>Calories</b>               | <b>330</b>                    |
|                               | <small>% Daily Value*</small> |
| <b>Total Fat</b> 12g          | <b>15%</b>                    |
| Saturated Fat 1.5g            | <b>8%</b>                     |
| Trans Fat 0g                  |                               |
| <b>Cholesterol</b> 5mg        | <b>2%</b>                     |
| <b>Sodium</b> 260mg           | <b>11%</b>                    |
| <b>Total Carbohydrate</b> 40g | <b>15%</b>                    |
| Dietary Fiber 3g              | <b>11%</b>                    |
| Total Sugars 5g               |                               |
| Includes 1g Added Sugars      | <b>2%</b>                     |
| <b>Protein</b> 16g            |                               |
| Vitamin D 0mcg                | <b>0%</b>                     |
| Calcium 320mg                 | <b>25%</b>                    |
| Iron 4.4mg                    | <b>25%</b>                    |
| Potassium 310mg               | <b>6%</b>                     |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.