

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



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

*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.