Spicy Tofu Wraps

Ingredients

- 1 tbsp olive oil
- 1 tablespoon minced ginger
- 2 cloves garlic, minced
- ½ white onion, finely chopped
- 1 pound extra-firm tofu, crumbled
- 1 large carrot, peeled and grated
- 2 cups celery, chopped
- 4 tablespoons low-sodium soy sauce
- 2 teaspoons sriracha (optional)
- 1 head butter lettuce, individual leaves carefully removed

Preparation:

1. Heat olive oil in large skillet of medium heat. Add onion, ginger and garlic and cook for 10 minutes until onions are soft and beginning to brown. Stir often
2. Add tofu, celery, and shredded carrot and cook about 4 minutes until heated through.
3. Stir in soy sauce and chile sauce.
4. Place lettuce on a plate and spoon tofu filling into lettuce.

NUTRITION FACTS

Servings: 6

PER SERVING

Calories (kcal): 65
Fat (g): 2
Carbohydrate (g): 5
Protein (g): 7

TIPS & HINTS

Instead of lettuce wrap you can use pita for extra carbohydrates