

Chipotle Spiced Tofu and Vegetable Wrap

This scrumptious vegetable wrap is a delight to eat! A whole-grain tortilla is filled with a delicious medley of fresh crisp vegetables, romaine lettuce, and chipotle spiced tofu.

Makes: 6 servings

Ingredients

- 1 pound firm tofu, pressed, drained, and cubed
- 2 teaspoons chipotle powder
- 2 teaspoons oil
- 1 cup Greek yogurt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 cup romaine lettuce, chopped
- 1 red bell pepper, chopped
- 1 onion, chopped
- 3 carrots, sliced
- ½ cucumber, diced
- 6 whole-grain tortillas (8 inches each)



Directions

1. Sprinkle tofu with chipotle seasoning. Let rest for 20 minutes.
2. Heat oil in a medium skillet over medium-high heat. Add seasoned tofu. Sauté over medium-high heat uncovered until tofu is lightly browned.
3. Remove tofu from heat and set aside.

4. Combine Greek yogurt, garlic powder, onion powder, lettuce, bell peppers, onions, carrots, and cucumbers in a large bowl.
5. Add tofu to vegetable mixture. Stir well.
6. To prevent tortillas from tearing when folding, place them between slightly damp paper towels and microwave on high for 20-30 seconds.
7. Portion $\frac{1}{2}$ cup vegetable mixture onto the center of each warm tortilla.
8. Fold the bottom of the tortilla up and over the filling. Fold in the outside edges so they nearly touch each other.
9. As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight cylinder.
10. Serve wraps seam side down.

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