

# Tofu Tacos

Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, MS, RD

These tacos can be made with fresh or frozen tofu. The frozen tofu gives it a texture similar to that of ground beef. To freeze the tofu, put the whole package in the freezer. Defrost it in the refrigerator. Once thawed, remove the tofu from its package and squeeze out the excess water.

## About the Recipe

**118 Calories · 5.7 g Protein · 3.2 g Fiber**  
**Dinner**

## Ingredients

***Makes 6 Servings***

- water or vegetable broth (1/4 cup)
- small onion, chopped (1)
- small bell pepper, seeded and cut into cubes (1/2)
- firm, shredded tofu (1 cup)
- chili powder (1 tbsp.)
- nutritional yeast (1 tbsp.)
- garlic powder (1 tsp.)
- ground cumin (1/4 tsp.)
- dried oregano (1/4 tsp.)
- soy sauce (1 tbsp.)
- corn tortillas (6)
- julienned lettuce (1 cup)
- green onions, chopped (2)
- chopped tomato (1/2 cup)
- salsa (1/3 cup)

- avocado, sliced (1/2)

## Directions

1. Heat water or vegetable stock in a non-stick pan. Add the onion and red pepper and cook over high heat, stirring often, between 2 and 3 minutes.&nbsp;
2. Add tofu, chili powder, nutritional yeast (if using), garlic powder, cumin, oregano, and soy sauce. Reduce heat to medium and cook for 3 minutes, stirring often.&nbsp;
3. Heat a tortilla in a dry heavy pan, turning it from side to side until it is soft and flexible.&nbsp;
4. Place a small amount of tofu mixture in the center, then fold the tortilla in half and remove from heat.
5. Garnish with lettuce, green onions, tomato, salsa, and avocado, if used. Repeat with each remaining tortilla.

## Nutrition Facts

*Per taco*

**Calories:** 118

**Fats:** 4.1 g

**Saturated Fat:** 0.7 g

**Calories from Fat:** 31.4%

**Cholesterol:** 0 mg

**Protein:** 5.7 g

**Carbohydrates:** 16.9 g

**Sugar:** 2.8 g

**Fiber:** 3.2 g

**Sodium:** 321 mg

**Calcium:** 116 mg

**Iron:** 1.6 mg

**Vitamin C:** 10 mg

**Beta-Carotene:** 371 mcg

**Vitamin E:** 1.1 mg