Snack, Asian

Golden Baked Tofu Rolls with Apricot Dip

Soft rice paper rolls filled with baked tofu, juicy mango, crisp cucumber and creamy avocado, served with a warm apricot chili dipping sauce.

40 min	170	27 g	6 g
time	calories	carbs	sugars

Nut free

Ingredients, 6 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 1 tsp low-calorie brown sugar substitute
- [ ] 12 oz extra firm tofu
- [ ] 6 whole spring roll wrappers (rice paper, 0.25 ounce each)
- [ ] 2 cup warm water
- [ ] 6 lettuce leaves
- [ ] 1 med mango (peeled and thinly sliced)
- [ ] 1 small cucumber(s) (peeled, seeded and thinly sliced into strips)
- [ ] 1/2 med avocado (sliced into 12 thin slices)
- [ ] 1/2 cup no-sugar-added apricot preserves
- [ ] 1 tbsp soy sauce (lower sodium, for sauce)
- [ ] 1/2 tsp Thai style chili garlic sauce (for sauce)

Nutrition Facts

Per serving

Calories	170
Total fat	5 g
Saturated fat	0.5 g
Sodium	260 mg
Total carbs	27 g
Fiber	2 g
Total sugars	6 g
Protein	8 g

Method

- [ ] 1 Heat the oven to 475 degrees F and coat a baking sheet with nonstick cooking spray.
- [ ] 2 Whisk 1 tbsp lower sodium soy sauce with the low-calorie brown sugar substitute in a small bowl.
- [ ] 3 Cut the extra firm tofu into 6 slices, arrange them on the baking sheet, and brush each slice with the soy sauce mixture. Bake for 20 minutes, then cool completely.
- [ ] 4 Cut each cooled tofu slice into three smaller slices.
- [ ] 5 Split the mango and cucumber into 6 equal portions each.
- [ ] 6 Soak one spring roll wrapper in warm water until softened, about 30 seconds, then lay it flat and place a lettuce leaf on top.
- [ ] 7 Set one portion of mango and one portion of cucumber in the center of the wrapper, then add 3 small tofu slices and 2 avocado slices.
- [ ] 8 Fold the left and right sides of the wrapper and lettuce inward until they nearly meet, then roll tightly from the bottom. Repeat with the remaining wrappers and set the rolls aside.
- [ ] 9 Stir the no-sugar-added apricot preserves, 1 tbsp lower sodium soy sauce and Thai style chili garlic sauce together in a small saucepan over high heat. Bring to a boil, stirring constantly, then simmer for 2 minutes and serve warm with the cold rolls for dipping.

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