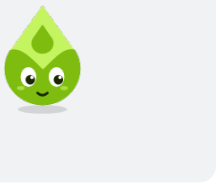
Dinner, Latin American

Golden Tofu Lettuce Cup Tacos

Crumbled tofu cooks with peppers and onion in a warm blend of spices until golden, then gets piled into cool butter lettuce leaves with salsa and fresh cilantro.

19 min	210	10 g	4 g
time	calories	carbs	sugars



Vegan | Dairy free | Nut free

Ingredients, 4 servings

- [ ] 1 whole lime
- [ ] 1/2 cup yellow onion (diced)
- [ ] 14 oz extra firm tofu (drained and pressed)
- [ ] 1 whole red bell pepper (small diced)
- [ ] 1 small yellow bell pepper (small diced)
- [ ] 1 tbsp chili powder
- [ ] 1/2 tsp cumin
- [ ] 1/2 tsp dried oregano
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1/2 tsp kosher salt
- [ ] 1/4 tsp black pepper
- [ ] 1 head butter lettuce (leaves removed)
- [ ] 1/2 cup salsa
- [ ] 1/4 cup fresh cilantro (chopped)

Nutrition Facts

Per serving

Calories	210
Total fat	13 g
Saturated fat	1.5 g
Sodium	450 mg
Total carbs	10 g
Fiber	3 g
Total sugars	4 g
Protein	13 g

Method

- [ ] **1** Take the lime and remove its zest, then squeeze the juice over it in a small bowl and put this mixture to the side for later.
- [ ] **2** Set a dry skillet over medium-high heat to preheat. Once the pan is hot, pour in some oil and swirl it around the bottom, then toss in the yellow onion and give it frequent stirs as it softens and turns golden, which should take 2 to 3 minutes.
- [ ] **3** Break the extra firm tofu apart with your fingers straight into the pan, then sprinkle in the red bell pepper, yellow bell pepper, chili powder, cumin, dried oregano, garlic powder, onion powder, Kosher salt, and black pepper, pour in the reserved lime mixture, and give everything a good stir.
- [ ] **4** Let it all cook for 8 to 10 minutes, stirring regularly, until the tofu browns to a golden shade and the vegetables turn tender.
- [ ] **5** Pull the butter lettuce apart into individual leaves and arrange them in stacks of two on each plate to form the wraps. Spoon the tofu filling into the leaves and finish each one with salsa and chopped fresh cilantro.

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