

Tofu Lettuce Wraps

Portions: 6

Prep: 5 minutes

Cook: 15 minutes



Ingredients:

- 1 tablespoon vegetable oil
- 3 green onions, thinly sliced
- 1 Thai chili, diced (optional)
- 3 garlic cloves, minced
- 1 package extra firm tofu, crumbled or cut small
- 3 carrots, peeled and grated
- 1 tablespoon Low Sodium Soy sauce
- ½ tsp oyster sauce or vegetarian option
- 4 tablespoons fresh cilantro, finely chopped
- 4 tablespoons fresh basil, finely chopped
- 8 leaves iceberg or butter lettuce

▪ **Instructions:**

1. In a skillet heat oil, garlic, green onions & red chilies until sizzling.
2. Add tofu, low sodium soy sauce, oyster sauce and half each of the cilantro and basil. Cook for 5 minutes.
3. Fill lettuce leaves with tofu mixture and top with grated carrots, remaining cilantro and basil.

Note: to make this a more filling or turn it into a main, add some cooked brown rice under the tofu mixture, and steamed vegetables.