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| **Tofu Tacos** | |
| **YIELD 2 SERVINGS** **Ingredients**4 six-inch corn tortilla shells 1 cup extra firm tofu cubed  1 small tomato chopped  1 green onion diced  1/2 avocado pitted and diced  1 tsp turmeric powder  1/4 tsp garlic salt  pepper to taste C:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for gluten free logoImage result for nut free logo**Nutritionals Per Serving**  □ Calories 310 Cal  □ Protein 14 grams  □ Fiber 4 grams  □ Sugar 2 grams  □ Carbs 30 grams  □ Fat 13 grams | PREP 10 MIN | COOK 5 MIN | TOTAL 20 MIN  **Directions**Step 1 Chop up your onion, tomato and avocado and set aside to top your tacos. Step 2 Take your tofu and dice into bite size cubes and place in a small mixing bowl.  Toss in your turmeric powder, garlic salt and pepper and mix well.  Cook up the tofu over medium heat on a cook top, tossing to heat up all sides for about 5-10 minutes.  Set aside while you are heating up your wraps. Step 3 Heat up the tortilla wraps in the microwave for 30 seconds or heat over a gas stove top flipping on both sides for 5-10 seconds trying not to burn the shell.  Set aside in a warming shell container or wrap them in foil. Step 4 Build your tacos by placing a shell on your serving plate.  Add your tofu and top your tacos with your preferred toppings of choice.  You are ready to enjoy! **Tips** You can add any spice or seasoning to your tofu like the traditional taco seasoning or a marinade of your choice if you prefer.  Add a little water to the tofu so the seasoning coats well if your mixture is lumpy.  Tacos are best if you warm up your shells before serving. |