

TOFU BURRITOS

ingredients

- 12-oz pkg extra firm tofu, drained
- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ green pepper, chopped
- ½ red bell pepper, chopped
- 1 jalapeno pepper, chopped
- 1 cup canned diced tomatoes, drained
- 4 8-inch whole wheat tortilla wraps

directions

- Preheat oven to 400°F pat's tofu dry with a paper towel. Cut into half inch cubes and set aside.
- In a skillet, heat oil over medium heat. Cook onion, garlic, cumin, chili powder, salt and pepper, stirring occasionally until the onion is softened, about 3 minutes. Add tofu cubes, all peppers, and tomatoes. Cook about 4 more minutes. Remove from heat.
- Spoon about 1 cup of the tofu mixture along the center of each tortilla. Fold in the sides, then the bottom and top edges roll to form the burrito.
- On a baking sheet lined with parchment paper, place the rolled burritos. Bake for about 15 minutes or until golden brown. Cut diagonally in halves.

nutrition

Servings: 1 Burrito
Calories per serving: 265
Fat: 12g
Carbs: 26g
Protein: 18g

