

# The Healthy Cook

## Chipotle Tofu Lettuce Tacos

 MAKES 10 TACOS

*Chipotle chili powder is smoky and spicy. For the smoke without the heat, use smoked paprika instead.*

- 1 14 oz. package extra-firm tofu, drained
- 1 Tbs. + 1 Tbs. extra-virgin olive oil
- 3 cloves garlic, minced
- 1 tsp. chipotle chili powder
- ½ cup orange juice
- ½ tsp. kosher salt
- 10 small-to-medium butter lettuce leaves
- 1 avocado, chopped
- ¼ cup cilantro leaves
- 2 cups shredded red cabbage
- 1 lime, cut into wedges



1. Cut the tofu into ½-inch cubes and blot with a dish towel or paper towel.
2. In a large non-stick pan, heat 1 Tbs. of the oil over medium heat until shimmering hot. Sauté the tofu until lightly browned on several sides, 3-5 minutes. Remove to a plate.
3. Sauté the garlic in the remaining 1 Tbs. of oil for 30 seconds. Add the chili powder, orange juice, and salt. Simmer until reduced to a sticky sauce, 2-3 minutes.
4. Return the tofu to the pan and stir to coat with the sauce. Remove from the heat and allow to cool slightly.
5. Serve the tofu in the lettuce leaves with the avocado, cilantro, and cabbage. Serve with lime wedges. Top with Cilantro Sour Cream Sauce or Fresh Tomato Salsa.

## Cilantro Sour Cream Sauce



- 1/2 cup low-fat sour cream
- 1/2 cup cilantro sprigs, chopped
- 1 Tbs. fresh lime juice
- 1/4 tsp. kosher salt

Purée all the ingredients in a blender or food processor until smooth.

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## Fresh Tomato Salsa



- 1 pint cherry tomatoes
- 1/4 cup chopped white onion
- 1/4 cup cilantro sprigs
- 1 jalapeño pepper, seeds removed (optional)
- 1 Tbs. lime juice
- 1/2 tsp. kosher salt

Combine all the ingredients in a food processor and pulse until uniformly minced.

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*Per 1 Taco (with 1 tsp. cilantro sour cream and 1 tsp. fresh tomato salsa):* calories 110 | total fat 7 g | sat fat 1 g | carbs 5 g | fiber 1 g | total sugar 2 g  
added sugar 1 g | protein 5 g | sodium 205mg