



WHOLE HEALTH NUTRITION, LLC

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CRISPY ASIAN TOFU TACOS

with slaw & quick pickled vegetables

yield: **6 tacos**

prep time: **~45 MINUTES**

total time: **~60 MINUTES**

EQUIPMENT:

Cutting board
Chef's knife, sharp
Box grater or food processor with grater
Juicer or fork
Metal spoon
Paper towels or 2 clean dish towels
Heavy pot or pan
Large and small mixing bowls
Large skillet
Wooden spoon or spatula

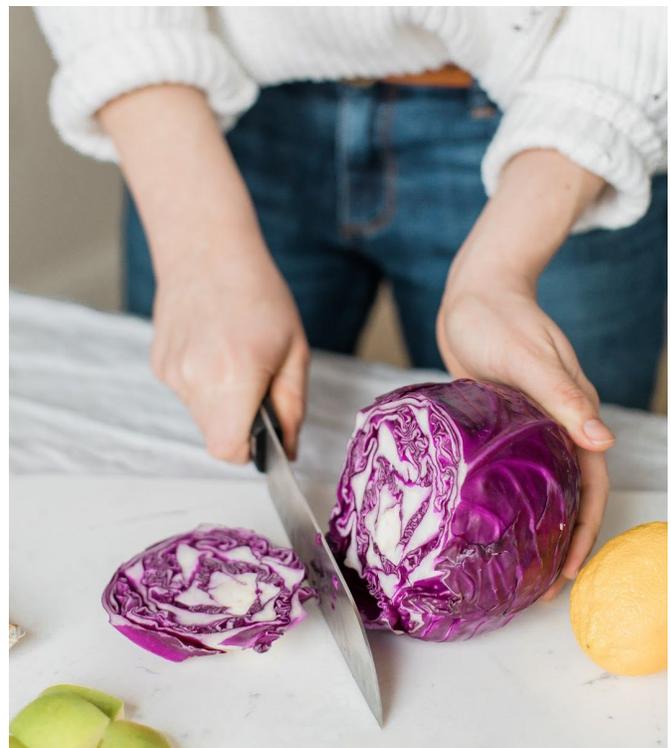
INGREDIENTS:

Produce

16-ounces extra-firm tofu
½ head purple cabbage, shredded
2 large carrots, shredded
2 limes, juiced
1 cup thinly sliced vegetables for pickling - like cucumber, red onion, radish
1 tablespoon fresh ginger
3 garlic cloves

Pantry

Salt & Pepper
2 teaspoons granulated sugar
¾ cup rice wine vinegar, divided
½ teaspoon red pepper flakes (optional)
2 tbsp oil for sautéing
¼ cup red chili paste like sambal oelek
¼ cup maple syrup or honey
¼ cup soy sauce



For serving

Sesame seeds
Lime wedges
Cilantro
6 corn or whole wheat tortillas, 6 inch

DIRECTIONS:

1. First drain the tofu. Cut in half widthwise so you have two bricks. Place between paper towels or clean dish towels and top with a heavy pot or pan to squeeze out excess water. Set aside.
2. To prepare the slaw: Combine the cabbage, carrots, and lime juice in a large bowl. Season with salt and pepper and toss until well combined. Set aside.
3. To prepare the quick pickled vegetables: Combine the 1 cup of thinly sliced vegetables, sugar, 1/4 cup of the rice vinegar, and red pepper flakes in a small bowl. Refrigerate for at least 30 minutes.
4. To prepare the tofu: crumble the tofu with your fingers in a medium bowl. Heat 1 tbsp oil in a large skillet over medium-high heat. Add the crumbled tofu and cook until browned and crispy. Transfer the tofu to a plate.
5. To prepare the sauce: add 1 tbsp oil to the pan and sauté the garlic and ginger until fragrant. Stir in the red chili paste, maple syrup/honey, soy sauce, and remaining 1/2 cup vinegar. Stir the sauce until slightly thickened then add the crumbled tofu and stir until coated.
6. Top each tortilla with cabbage slaw, tofu crumbles, and pickled vegetables. Garnish with sesame seeds, cilantro, and lime wedge. Enjoy!