

## Crispy Tofu Lettuce Wraps

### Servings

4

### Calories

330

### Prep Time

15 minutes

### Total Time

20 minutes

### Skill Level

Easy

### Ingredients

1 cup short-grain rice

½ teaspoon fine sea salt

14oz extra-firm tofu

1 tablespoon preferred vegetable oil

2 tablespoons soy sauce or tamari

2 tablespoons maple syrup

1 tablespoon apple cider vinegar

1 package MANN® Better Crunch Lettuce

1 carrot, cut into matchsticks

4 green onions, thinly sliced

Toasted sesame seeds





# Crispy Tofu Lettuce Wraps

## The Method

1. In a medium saucepan combine rice, salt, and 1¼ cups water. Bring to a boil over high heat, then reduce heat to low, cover, and simmer gently for 15 minutes. Take off heat and let stand, covered, 5 minutes more.
2. While the rice cooks, make the tofu. Drain tofu well and pat dry. Cut in half lengthwise, then cut crosswise into 12 squares.
3. In a large nonstick skillet heat oil over medium heat. Add tofu and cook until browned on the bottom, about 4 minutes. Flip and brown second side. Add soy sauce, maple syrup, and vinegar to skillet and shake skillet to distribute the sauce. Flip tofu again so both sides are coated with the sauce and cook just until the sauce is reduced to a thick glaze.
4. Serve rice and tofu with lettuce, carrots, green onions, and sesame seeds. To make a lettuce wrap, fill doubled leaves with rice, then top with tofu, carrots, green onions, and sesame seeds.

### Nutrition Facts

Serving Size: 6 lettuce leaves with 1/2 cup rice and 3 tofu squares | Servings: 4

### Amount Per Serving

Calories 330 | Total Fat 10g (sat fat 1g trans 0g) | Cholesterol 0mg | Sodium 770mg | Total Carbohydrate 44g | Dietary Fiber 2g | Sugars 7g (Includes 6g Added Sugars) | Protein 16g | Vitamin D 0mcg 0% | Calcium 233mg 20% | Iron 4mg 20% | Potassium 411mg 8%