



Tofu Tacos

Ingredients:

- 2 Tbsp. olive oil
- 2 small zucchini, halved lengthwise and cut into 1/4" slices (about 2 cups)
- 1 cups sliced mushrooms
- 2 carrots, coarsely shredded
- 1 small onion, cut into 1/4" strips
- 1 tsp. minced garlic
- 6-oz. can of tomato paste
- 3/4 cup water
- 2 tsp. chili powder (or to taste)
- 1/2 tsp. hot pepper sauce (or to taste)
- 1/4 tsp. ground cumin
- 1/4 tsp. freshly ground black pepper (or to taste)
- 1 pkg. Extra Firm Tofu, cut into 1/2" cubes (about 2 cups) or 1 Pkg Smart Ground[®] Soy Protein
- 3 plum tomatoes, cut into 1/2" cubes (about 1 cup)
- 12-3" taco shells

Directions:

Preheat oven to 350°. Heat olive oil in large, nonstick skillet over medium-high heat. Add the zucchini, mushrooms, carrots, onion and garlic. Cook, stirring occasionally, until vegetables are tender but not browned, about 5 minutes. Meanwhile, combine tomato paste, water, chili powder, hot pepper sauce, cumin and pepper in a small bowl; add the mixture to the skillet. Gently stir in the tofu cubes and plum tomatoes. Reduce heat to low; cover and heat through, about 5 minutes. To serve, spoon about 1/2 cup of mixture into each of the taco shells. **Serves 12 tacos, 2 tacos per serving**

Nutrition Facts Per Serving:

Calories	180	Saturated Fat	1.5 gm	Carbohydrate	14 gm
Fat	11 gm	Sodium	60 mg	Fiber	2 gm

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