

Tofu Tacos with Pico De Gallo

Provided by Chef Mat Shalenko for UofL Health Promotion Cooking Workshops

Difficulty level- easy

Price-moderate

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

8 corn tortillas

1 tbsp oil (or good quality Balsamic vinegar)

1 pack extra firm tofu, drained and crumbled

1 teaspoon chili powder

1 teaspoon cumin

salt and pepper

For Pico:

2 Roma Tomatoes, seeded and diced

1 oz. onion, diced

1 tbsp jalapeno, minced

1 tbsp cilantro, chopped

1 tbsp lime juice

salt and pepper to taste

Directions:

For Pico:

Combine all ingredients and mix well. Set aside for tacos.

For tortillas:

Heat oven to 350° and turn off. Place tortillas in warm oven for 2-3 minutes and carefully remove.

For tofu:

Heat a medium sized skillet over medium heat and add oil. Add crumbled tofu and begin to stir. Add chili powder, cumin, salt and pepper and cook until tofu browns slightly approximately 7-10 minutes.

Place tofu in tortillas and top with pico de gallo.