



## Awesome & Easy Tofu Lettuce Wraps: Sweet, Savory, Healthy and Delicious

Watch the YouTube video via the link on the blog post.

While I already created a recipe for Turkey lettuce wraps, I decided to create a plant-based tofu version that's both hearty and satisfying, seasoned with date-sweetened hoisin sauce, Bragg's aminos, garlic, and ginger. Water chestnuts add a refreshing crunch, and a touch of sriracha provides just the right kick. Enjoy these lettuce wraps as a handheld meal or as a lettuce wrap salad—perfect for anyone seeking a gluten-free, dairy-free, and oil-free meal for plant-based eaters!

### INGREDIENTS

1 brick of tofu, pressed (to remove water)  
¼ cup + 1 TB Braggs Aminos, divided  
1 TB + 1 tsp “Fix” Hoisin sauce, divided  
3 cloves garlic, chopped, divided  
½ tsp garlic powder  
½ cup vegetable broth  
1 yellow onion, finely diced  
1 jalapeno, finely chopped  
2 cups cremini (or your favorite) mushrooms, finely chopped  
2 TB fresh ginger, grated (skin on)  
¼ cup carrots, grated  
1 can water chestnuts, chopped  
Pinch of pepper  
1 TB Sriracha (no added sugar)  
¼ cup fresh cilantro, chopped  
¼ cup fresh green onion, finely chopped  
Lettuce of your choice (butter, & romaine are best for wraps), or use microgreens or mixed greens if making a wrap salad.

### PROCEDURE

Cook Tofu:

1. Preheat oven to 400 f
2. Crumble 1 brick of tofu into a bowl.
3. Add 1 TB Braggs Aminos  
1 tsp "Fix" Hoisin sauce  
1 glove chopped garlic  
½ tsp garlic powder  
Toss together and bake in 400 f oven for 25 minutes
4. Remove from oven and set aside

Prepare Remaining ingredients:

1. Over medium heat, saute onion, jalapeno and garlic in vegetable broth till limp
2. Add mushrooms, saute a few minutes
3. Add ginger, carrots, water chestnuts and add a pinch of pepper then saute a few more minutes
4. Add remaining Braggs Aminos, siracha sauce, hoisin sauce, cilantro and green onion and reduce heat to low and let simmer 5 minutes

Make wrap: Put two small scoops of the filling into a piece of lettuce add additional hoisin or siracha as desired, and wrap it up like a burrito.

Or, make a salad: tear up some lettuce, put tofu mixture atop lettuce and add additional hoisin or siracha on top of tofu mixture as desired.

Bon Appetit!