

Thai Veggie Wrap (vegan)

Ingredients:

- 1 package frozen extra-firm tofu, thawed and cut into small-size cubes
- 2 tsp. blackened seasoned
- ¼ tsp. salt (optional)
- 1 cup cucumbers, diced
- 1 cup carrots, julienned
- 1 med avocado, diced
- 1 cup packed romaine lettuce, shredded

Peanut Sauce Ingredients:

- ½ cup crunchy peanut butter
- ¼ cup sparkling apple juice
- 2 tbsp. lemon juice
- 2 tbsp. tamari sauce
- ½ tsp. cayenne
- 2 tsp. agave nectar

- 4 whole wheat tortilla wraps

Directions

Place the tofu in a skillet sprayed with non-stick cooking spray. Saute over medium high heat. Sprinkle blackened seasoning and salt (if desired) over the top, then toss gently. Saute until blackened.

Toss cucumbers, carrots, and lettuce together. Mix peanut sauce ingredients together in a small bowl until smooth. Save ½ cup peanut sauce for dipping. Mix the remaining sauce with the vegetables. Toss gently to coat.

Place 1 cup filling in the middle of a wrap, then roll tightly.

Yield: 5 cups filling, 5 wraps

