



Quinoa Tofu Tacos - Allon-Z!

12 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 lb Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Chili Powder
- 1 1/2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 1/2 cups Salsa (divided)
- 1 tbsp Lime Juice
- 1 tsp Nutritional Yeast
- 12 Corn Tortilla (small, no added sugar)
- 3 Avocado (mashed or sliced)
- 1/2 head Romaine Hearts (chopped)
- 2 stalks Green Onion (chopped)

Directions

- 1 Cook the quinoa according to the directions on the package. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, for 8 to 10 minutes or until golden brown. Transfer the tofu to a dish and set aside.
- 2 Once your quinoa is cooked, add oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add a third of the salsa, the lime, nutritional yeast and browned tofu.
- 3 Spread the quinoa and tofu mixture into a flat even layer in the pan and let it caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside. If you are in a rush, just skip this step!
- 4 Warm the tortillas in a skillet over medium-low heat, turning occasionally until warm and soft.
- 5 To assemble the tacos, layer the mashed avocado, remaining salsa and quinoa tofu taco meat on top of a warm tortilla followed by the romaine lettuce and green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Mash the avocado and assemble tacos just before serving.

Serving Size: Serving size will depend on the size of your tortillas :)

No Corn Tortilla: Use whole wheat or brown rice tortillas, or lettuce wraps instead. Wheat tortillas contain gluten.

Additional Toppings: Add cilantro, sliced jalapenos, grated cheese, sour cream, yogurt, diced tomatoes and/or lime wedges.