

Tofu Fajitas

with Fresh Guacamole & Whole Wheat Tortillas

The word “fajita” comes from the Spanish word “faja,” meaning strip or band. Here, you’ll use strips of seasoned tofu and sear them in a signature blend of seasonings. Warm, toasted cumin, fennel, chili powder and cinnamon infuse this dish with traditional flavors. You’ll also garnish it with a delicious, simple, handmade guacamole.



Ingredients

- 1 14-Ounce Package Firm Tofu
- 1 Bunch Cilantro
- 1 Clove Garlic
- 1 Green Bell Pepper
- 1 Lime
- 1 Red Bell Pepper
- 1 Red Onion
- 1 Avocado
- ¼ Cup Lowfat Sour Cream
- 4 Whole Wheat Tortillas
- 2 Teaspoons Fajita Spice Blend
(Chili Powder, Cumin, Ground Fennel, Cinnamon)

Makes 2 Servings

About 700 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Drain and pat dry the tofu, then cut lengthwise into strips. Season the tofu strips with salt and pepper and toss with the **fajita spice blend**. Pick the cilantro leaves off the stems; discard the stems. Peel and mince the garlic, then, using the side of your knife, smash until it resembles a paste. Remove and discard the stem, seeds and ribs of the bell peppers; thinly slice the bell peppers. Cut the lime into quarters. Peel and cut the onion in half; thinly slice one half and small dice the other.



Make the guacamole:

Cut the avocado in half and remove the pit. Using a spoon, scoop the avocado out of the peel into a medium bowl. Using a fork, mash the avocado until smooth. Stir in **the juice of 2 lime wedges, half the cilantro** (roughly chopping before adding), **as much of the diced red onion as you'd like** and a **pinch of the garlic** (save the rest of the red onion and garlic for the vegetables). Season with salt and pepper to taste.



Cook the tofu:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned tofu strips** and cook 4 to 5 minutes per side, or until browned. Transfer the browned tofu strips to a plate and wipe out the pan.



Cook the peppers & onion:

In the same pan used to cook the tofu, heat 2 teaspoons of olive oil on medium-high until hot. Add the **peppers, sliced onion, remaining diced onion and remaining garlic**. Season with salt and pepper and cook, stirring occasionally, 7 to 9 minutes, or until softened. Transfer the cooked vegetables to the plate of cooked tofu and wipe out the pan.



Warm the tortillas:

In the same pan, warm the **tortillas** on medium-high for 30 seconds to 1 minute per side, or until soft and pliable. Transfer the warmed tortillas to a plate and cover with a paper towel to keep warm.



Plate your dish:

Place 2 tortillas on each plate. Fill each tortilla with some of the cooked tofu and vegetables. Garnish with the **guacamole, sour cream** and the **remaining cilantro**. Serve with the **remaining lime wedges**. Enjoy!