



Plant-Based Tacos

Taco filling ingredients:

1 pkg. medium or firm tofu
1 tablespoon olive oil
1 tablespoon Tamari or soy sauce
3 tablespoons tomato paste
1 tablespoon maple syrup
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon smoked paprika
2 teaspoons chili powder
Soft tortillas or burrito wraps
Rice, cooked

1 onion, sliced
1 bell pepper, sliced
1 cup mushrooms, sliced
1 small cabbage, thinly sliced
1 sweet potato, cubed
Cilantro leaves

Cashew cream ingredients:

1/2 cup cashews
Juice from 1/2 lemon
2 teaspoons cider vinegar
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
Dash of salt

To prepare the taco filling:

1. Preheat the oven to 350 degrees.
2. Press the tofu in a press or wrapped in a towel and weighted down with a heavy pan or books for 20 minutes.
3. In a bowl, combine oil, Tamari, tomato paste, maple syrup, and spices. Stir to combine.
4. Crumble pressed tofu into the bowl with the paste. Stir until combined. Spread out on a sheet tray lined with parchment paper or a silicone mat. Bake for 30 minutes, stirring midway through.
5. Using 1 tablespoon of water, sauté onion, pepper, and mushrooms.
6. Steam cubed sweet potatoes until tender.

To prepare the cashew cream:

1. Place cashews in a high speed blender, such as a Vitamix. Add water to cover. Add lemon juice, vinegar, and spices, and blend on high for 1 minute. The cream will thicken as it chills. Loosen with additional water if needed.

Assemble the tacos:

1. Warm tortillas or wraps for a few seconds in a microwave. Add rice, baked tofu crumbles, and vegetables. Top with cashew cream and cilantro leaves. (Optional: Add other toppings, such as guacamole or salsa.)

Recipe by Dr. Brian Asbill of Ruckus Health.