

Vegetarian lettuce wraps

Prep time: 5 minutes

Cook time: 15 minutes,

Ingredients:

2 tsp peanut or olive oil

1 package (12-14 oz. size) firm tofu

2 ears of corn (or 1 ½ cups frozen corn kernels)

¼ tsp chili powder (more to taste)

¼ cups soy sauce

Romaine lettuce hearts

2 whole avocados, sliced

1 tsp balsamic vinegar (optional)

Methods

1. Heat oil in a nonstick skillet over medium-high heat. Throw in the tofu, then break it up into very small pieces. Cook tofu for several minutes, until much of the liquid cooks off and tofu starts to turn golden.
2. Cut kernels off the cobs of corn and throw it in with the tofu. Cook for a few minutes (corn can remain crunchy).
3. Add chili powder and soy sauce, then cook until most of the liquid has been absorbed. Turn off heat and stir in balsamic if using.

4. Pile mixture into romaine hearts, then add slices of avocado. Fold up and chow down!