



The Micheff Sisters

"It's A Wrap" (6/8/16)

Thai Veggie Wrap

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 medium	avocado, diced
1 cup packed	romaine lettuce, shredded



Peanut Sauce:

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. Sauté over medium high heat. Sprinkle blackened seasoning and salt (if desired) over the top, then toss gently. Sauté 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.

Yields: 5 cups filling, 5 wraps

Brenda Walsh