



SINCE 1975

Baked Tofu Wrap

(With Soft, Firm or Pressed Tofu)



Ingredients:

- 1 pack of AFC Baked Bean Curd Tofu 13 oz. (Choose from 3 different styles: Soft, Firm, Pressed)
- 2 10" inch whole wheat tortillas
- 6 oz. pepperjack cheese, shredded
- 1 tomato diced
- Arugula or any green veggie of your choice

Directions:

Place the tortillas side by side on a paper plate

Cut tofu in half and then into 1/4" inch cubes and place down the center of each tortilla

Sprinkle cheese over the tofu

Cover with a damp paper towel, and heat in the microwave for about 45 seconds, or until cheese is melted

Place arugula onto each tortilla, and pour on some Ranch dressing

Sprinkle with Parmesan cheese, roll tortillas around the filling

Ready to serve

