

Tofu Tacos with Corn and Black Bean Relish
This recipe is super simple to make and capitalizes on an abundant, local fish – Drum. Try adding red pepper flakes for some extra heat

| <u>U.S.</u> | | <u>Metric</u> |
|-------------|---|---------------|
| 1 tsp | Cumin, ground | 3 g |
| 1 tsp | Chili Powder | 3 g |
| 1 tsp | Oregano, dried, leaves | 1 g |
| 1/2 tsp | Paprika | 1.5 g |
| To Taste | Black Pepper, ground | To Taste |
| 1/2 tsp | Kosher Salt | 2.5 g |
| 1 lb | Tofu, firm, drained and dried, crumbled into small pieces | 455 g |
| 2 tsp | Olive Oil | 10 mL |
| 2 stalks | Green Onions, chopped, white and greens parts separates | 2 stalks |
| 1/2 each | Red Bell Pepper, medium, seeds removed, small dice | 60 g |
| 1-2 cloves | Garlic, minced | 3 - 6 g |
| 1 cup | Corn, fresh or frozen | 113 g |
| 1/2 cup | Diced Tomatoes, canned, no sodium added | 57 g |
| 1/2 cup | Black beans, drained, rinsed | 57 g |
| 1 Tbsp | Red or White Wine Vinegar | 15 mL |
| 1 each | Lime, fresh, medium, juiced | 1 each |
| 2 tsp | Agave Nectar | 10 g |
| 1 Tbsp | Cilantro, fresh, chopped | 4 g |
| 8 each | Corn Tortillas, small | 8 each |

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, mix the cumin, chili powder, oregano, paprika, pepper, red pepper flakes (if using) and half the salt together. Place the crumbled tofu in a small bowl and toss to evenly coat pieces.
3. In a medium sauté pan, add the olive oil over medium-high heat. Once the oil is hot, add the white part of the green onion, red bell pepper, garlic and corn to the pan. Cook for 2-3 minutes, or
4. In the same pan, add the tomatoes, tofu, black beans, vinegar, and remaining salt and pepper to the pan. Cook until the relish starts to thicken.
5. Stir in the lime juice, agave nectar, cilantro and green parts of the onions to the pan until fully incorporated.
6. To serve, place tofu and relish mixture into folded corn tortillas and enjoy!

Nutrition Facts**Serving size** **2 tacos**
Servings **4**

| | |
|---------------------|--------|
| Calories | 313 |
| Calories from Fat | 100 |
| | 12 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Trans Fat | 5 g |
| Monounsaturated Fat | 0 g |
| Cholesterol | 308 mg |
| Sodium | 41 mg |
| Carbohydrates | 7 g |
| Dietary Fiber | 6 g |
| Sugars | 15 g |
| Protein | 0 g |
| | 0 |
| Vitamin A | 35 % |
| Calcium | 25 % |
| Vitamin C | 43 % |
| Iron | 14 % |
| Phosphorus | 153 mg |
