



# TOFU LETTUCE WRAPS

**A delicious, savory filling is seasoned with Asian ingredients and stir-fried. The filling is served in crisp, cool lettuce wrappers for a yummy snack with lots of flavor and texture.**



## TOOL BOX



Mixing bowls  
Spatulas  
Wavy choppers or knives  
Burner and large skillet

**Tofu is made from soybeans and is high in protein, calcium, and iron!**

**Yield: 10-12 wraps**

**Total Time: 60 min**

## INGREDIENTS:

- 1 (14-16 oz) block firm or extra-firm tofu
- 2 tablespoons neutral vegetable oil
- 2 green onions, sliced (white and green parts separated)
- 1 tablespoon minced garlic
- 2 teaspoons minced ginger
- 1 (8 oz) can water chestnuts, drained and diced
- 2 tablespoons soy sauce
- ¼ cup vegan oyster sauce (or hoisin sauce if needed)
- 1 head iceberg or romaine lettuce, leaves separated, cleaned, and patted dry
- Shredded carrots
- 4 scallions for garnish

**CIRCLE ANY NEW INGREDIENTS YOU TRIED TODAY!  
PUT A :) BY YOUR FAVORITE**

# PREPARATION:

Wrap the tofu in paper towels or a clean towel and press for about 10 minutes to remove extra water.

1. Slice green onions (2 for cooking, 4 for garnish), shred the carrots, pull apart and dry the lettuce leaves, drain and dice the water chestnuts, and peel and mince the garlic and ginger.
2. Measure and mix the sauce ingredients.
3. Crumble the dried tofu into a bowl.
4. Heat 1 tablespoon oil in a large skillet over medium-high heat and stir-fry the tofu for 5-10 minutes until golden brown, then set aside.
5. Heat the remaining 1 tablespoon oil in the same pan and cook the white parts of the green onions for 2-3 minutes until translucent.
6. Add the garlic and ginger and cook for 1-2 minutes until fragrant. Add the tofu, water chestnuts, soy sauce, and vegan oyster (or hoisin) sauce and stir-fry a few minutes until heated through.
7. Add the green parts of the onions and cook 1 more minute.
8. Spoon about 1 tablespoon of filling into each lettuce leaf, garnish with shredded carrots and green onions, and enjoy!



**TIP:** *Pressing the tofu helps it get crispy instead of soggy when cooked.*

## HOW KIDS CAN HELP:

- Press the tofu
- Chop veggies
- Shred carrots
- Mix the sauce
- Crumble tofu
- Assemble lettuce wraps

## RATE THE RECIPE!



## HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

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