

PREPARATION: 20 MINUTES | MARINATE: 1 HOUR | SERVINGS: 6

SESAME TOFU WRAP

INGREDIENTS

1 block (16 oz) extra firm tofu, drained, excess moisture removed

Marinade

½ cup rice vinegar

1 tablespoon olive oil

1 tablespoon low-sodium soy sauce (optional)

1 garlic clove, minced

1 tablespoon fresh ginger, grated

Black pepper to taste

Sesame dressing

½ cup pasteurized whole eggs

1 ½ teaspoon rice vinegar

½ teaspoon Dijon mustard

1 tablespoon sesame oil

½ cup canola oil

Dip for tofu

1 egg

¾ cup panko breadcrumbs

1 tablespoon sesame seeds

1 tablespoon dried basil

1 tablespoon olive oil

6 small wheat tortillas (8-inch diameter)

1 ½ cups shredded lettuce

PREPARATION

- 1** In a sealable container, mix all marinade ingredients. Season with black pepper to taste.
- 2** Cut the tofu into 12 strips and add them to the marinade. Turn them so they are covered with the marinade. Close the container and keep in the fridge for a minimum of 1 hour or overnight.
- 3** In a bowl, prepare the sesame dressing. With the help of an electric mixer, beat pasteurized eggs, vinegar and mustard. Add the sesame and canola oil gradually while mixing. Place the dressing in the fridge.
- 4** In a shallow bowl, beat the egg. In another bowl, combine the breadcrumbs, sesame seeds, and basil.
- 5** In a non-stick frying pan, heat oil over medium heat. Dip each tofu strip first into the beaten egg and then into the breadcrumb mixture. Fry the breaded tofu strips for 1-2 minutes on each side.
- 6** Fill each tortilla with 2 strips of fried tofu, lettuce and sesame dressing.



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Nutrient Analysis

PER SERVING

1/2 of recipe

Renal/Diabetic Exchanges:
2 Meat + 2 Starch + 5 Fat

Calories **512 Kcal**

Protein **16 g**

Total Carbohydrate **33 g**

Fiber **6 g**

Sugars **3 g**

Fat **36 g**

Saturated **6 g**

Cholesterol **48 mg**

Sodium **405 mg**

Potassium **317 mg**

Phosphorus **304 mg**

Calcium **384 mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant *

* For Transplant: This recipe is higher in saturated fat. Check with your registered dietitian to see how this recipe can be included in your diet.

PHOSPHORUS CHECK ✓

Adding flavor to tofu is easy

Focusing on the amount and type of protein is very important if you have or are at risk for kidney disease. The protein in your diet comes from an animal or plant source. Research shows that protein from plant sources is the healthiest option for those with kidney concerns. When you choose most of your protein from plant sources it is called a plant-based diet. Plant-based proteins include beans, legumes, nuts, nut butters, seeds, whole grains and soy sources such as tofu and tempeh.

Tofu comes in many different textures from very soft to super firm. Firm tofu is an excellent substitute for meat. It comes packaged as a block in liquid. Drain, rinse, wrap in a towel and press between two plates with a weight such as a skillet on top, to remove excess moisture before cooking. This will help the tofu absorb marinades and decrease spatter when cooking.

Cut tofu into slices or cubes. Tofu has a very mild flavor but is like a sponge and easily takes on other flavors. Create a marinade with olive oil, vinegar, honey and a combination of herbs that complement your dish. Marinate the tofu for at least 30 minutes (longer is better). Toss in cornstarch to make a light coating and then pan fry, stir fry or air fry. The outside becomes crispy while the inside stays tender. The prepared tofu can be added to grain or rice bowls, soups, stews or rolled up in a tortilla.

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