

Tofu Mexicano

If you enjoy Tex-Mex flavors, this dish has it all. Try spoon into lettuce leaves and wrapping it like a tortilla.

Ingredients:

- Cooking spray
- 2 cups onion, chopped
- 1 large clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 pound extra-firm tofu, drained and cubed
- 1 cup bell pepper, seeded and chopped
- 1 small jalapeno pepper, seeded and chopped
- 1 cup of tomatoes, chopped
- ½ cup low-fat cheddar cheese, shredded
- Salt and pepper to taste

Preparation:

1. Heat cooking spray in a large nonstick ovenproof skillet until hot but not smoking. Cook onion, garlic, cumin, and chili powder for 3 minutes until onion is softened.
2. Add tofu, bell pepper, jalapeno, and tomatoes and cook about 3 minutes until peppers are softened.
3. Sprinkle cheese on top and place under broiler for 40 seconds or until cheese melts and becomes bubbly. Add salt and pepper to taste.

Nutritional Information for ¼ of recipe:

Calories: 309 Protein: 27g Fat: 17g Carbohydrate: 17 g Fiber: 5.5 g Sodium: 267 mg

Source: *Eating Well After Weight Loss Surgery*, Patt Levine and Michele Bontempo-Saray

Notes: Tofu is an excellent source of protein that takes on the flavor of the seasonings it is cooked with. You can use frozen chopped onion, canned diced jalapeno and petite diced tomatoes to make the preparation of this dish even simpler.