

K's Kitchen: Wrapping up a quick dinner

By Kathryn Reed

Quick, easy and healthy don't always go together. They do with this recipe.

What I like about it is that this could be changed in so many ways with the vegetables that are used as well as what it is wrapped in. And it would be easy to substitute chicken for the tofu.

If you pickle more veggies, that would require more vinegar and sugar. It would also be possible to use water and not just increase the vinegar. Red onion would be tasty. This part can be made a couple days ahead of time. The longer the vegetables marinate, the stronger the flavor.

I had tortillas on hand so that is why I used them. And they don't have to be warmed. I was having this for dinner, so it seemed better to heat the tortillas. Any bread product would work. All this could also be tossed with greens for a salad.

If you don't like spicy, then start out with just a little hot sauce with the mayonnaise. Keep adding until you get the heat you want. I used veganaise – it's what was in the refrigerator.



Tofu Wraps

$\frac{1}{2}$ C rice vinegar

2 tsp sugar

2 medium carrots

4 radishes

$\frac{1}{3}$ cup mayonnaise

4 tsp hot sauce

1 (14-ounce) container extra-firm, water-packed tofu, drained

1 T (or more) canola oil

1 T (or more) sesame oil

4 (12-inch) tortillas

$\frac{1}{3}$ English cucumber, halved lengthwise and thinly sliced

1 C cilantro

Simmer rice vinegar and sugar in a small saucepan over medium heat until sugar is dissolved.

Shred carrots or cut into thin matchsticks, and thinly slice radishes.

Pour liquid over carrots, radishes. Set aside for at least 30 minutes.

Pat dry tofu. Cut in half length-wise. Cook in canola oil. You want enough oil so it does not stick to the pan. Drizzle sesame oil on both sides of tofu. Cook until there a good sear on both sides.

Mix mayonnaise and hot sauce.

Warm tortillas.

Spread mayonnaise mixture on each tortilla. Fill with sliced tofu, veggie mix, cucumber and sprinkle with cilantro. Roll up and then cut in half.