



Recipes

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Crispy Tofu Moroccan Tacos

Prep Time: 10 Minutes

Cooking Time: 15 Minutes

Serves 2

Ingredients:

2 each 6" Smart Hearty Grains™ Tortilla (47086)
6 oz. Fried Tofu Sticks, pan fried, seasoned, see related recipe
2 oz. Yogurt Sauce, see related recipe
1 oz. Baby Arugula leaves
0.4 oz. Extra Harissa
.2 oz. Parsley

Directions:

1. Warm your tortillas and place a bed of arugula leaves
 2. Put 2 fried tofu sticks per tortilla
 3. Drizzle with yogurt-harissa sauce and parsley
 4. Finally, add extra harissa right on top for an extra pop
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Fried Tofu Sticks

Serves 1

Ingredients:

1 lb. Tofu block cut into 1x1x3inch sticks (about 8 total sticks)
1 oz. Olive Oil
.5 oz. Ras el Hanout seasoning
.1 oz. Kosher Salt

Directions:

1. pan fry on all sides and season
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Yogurt Sauce

Serves 1

Ingredients:

- 8 oz. Greek Yogurt , whole milk
- 2 oz. Harissa Pepper Sauce
- .5 oz. Lemon Juice
- .2 oz. Extra Virgin Olive Oil
- .5 oz. Honey

Directions:

1. Mix together