



Spicy Tofu Lettuce Cups

Makes: 10 Servings

“I was born in China and adopted as a baby. Even though I haven’t lived in China for a long time, I still love Chinese flavors,” says Jessica. “This is a traditional Chinese dish called ma-po tofu that my mom and I added a lot of vegetables to, so it’s healthier and easier to eat at lunch. The lettuce helps you to add a lot of veggies because you can wrap up whatever you want to include, then crunch them up together like you were using a tortilla.”

Ingredients

For the sauce:

1 cup chicken broth

6 tablespoons reduced-sodium soy sauce

2 tablespoons sugar

2 tablespoons chili-garlic sauce

2 tablespoons sesame oil

For the tofu:

Nutrition Information

Nutrients	Amount
Calories	154
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	35 mg
Sodium	386 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	2 g
Protein	11 g
Vitamin D	0 mcg
Calcium	104 mg
Iron	2 mg
Potassium	464 mg
N/A - data is not available	

MyPlate Food Groups

 Vegetables	3/4 cup
 Protein Foods	1 ounce

1 tablespoon vegetable oil

2 tablespoons minced garlic

2 tablespoons peeled and minced fresh ginger

1 pound ground chicken breast

1 package firm tofu, drained of liquid (press between paper towels) and cut into cubes

2 tablespoons cornstarch

1 tablespoon water

1 head iceberg lettuce, leaves separated

1 red bell pepper, seeded and thinly sliced

1 medium cucumber, peeled and thinly sliced

1 medium carrot, thinly sliced

Directions

Make the sauce:

1. In a small bowl, whisk together the chicken broth, soy sauce, sugar, chili-garlic sauce, and sesame oil.
2. Set aside, stirring occasionally to ensure the sugar is dissolved.

Make the tofu:

1. In a large sauté pan over moderate heat, warm the vegetable oil. Add the garlic and ginger and sauté for 1 minute. Add the ground chicken and cook, stirring to break up the meat, until the chicken is cooked through and there are no pink spots, about 6 minutes.
2. Add the tofu and the reserved sauce and simmer, covered, until the tofu is warmed through, about 5 minutes.
3. In a small bowl, whisk together the cornstarch and

water. Add this to the pan and continue to simmer, stirring, until the mixture is hot, about 2 minutes.

4. Serve by taking one lettuce leaf, adding a few strips of red bell pepper, cucumber, and carrot then spooning some of the tofu mixture on top. Roll and eat.

Notes

State: West Virginia

Child's Name: Jessica Wolfe, 9

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook