

# Mediterranean Tofu Breakfast Wrap

Web Recipe · Breakfast

410 cal · 24g protein · 38g carbs · 18g fat · 4 servings

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## Ingredients

- 1 block (14 oz) extra-firm tofu drained pressed and crumbled
  - 1 tbsp olive oil
  - 1 cup canned chickpeas drained and rinsed
  - 1 cup fresh spinach
  - 1/2 cup sun-dried tomatoes chopped
  - 1/4 cup kalamata olives sliced
  - 2 tbsp nutritional yeast
  - 1 tsp turmeric
  - 1/2 tsp garlic powder
  - 1/2 tsp oregano
  - 4 large whole wheat tortillas
  - 2 tbsp tahini
  - 1 tbsp lemon juice
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## Instructions

1. Press and crumble the tofu. Heat olive oil in a skillet over medium heat.
  2. Cook crumbled tofu with turmeric, garlic powder, oregano, and nutritional yeast for 5-7 minutes until lightly golden.
  3. Add chickpeas and cook 2 minutes until warmed. Add spinach and cook until wilted.
  4. Add sun-dried tomatoes and sliced kalamata olives. Stir to combine.
  5. Make tahini drizzle: whisk together tahini, lemon juice, and a splash of water until smooth.
  6. Warm whole wheat tortillas in a dry pan for 15-20 seconds per side.
  7. Fill each tortilla with the tofu-chickpea mixture. Drizzle with tahini sauce.
  8. Roll tightly into wraps and slice in half.
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