

Eat  
Well



## ORANGE SOY TOFU POCKETS

Add some magic to tofu with this punchy citrus marinade. For an inspired twist to everyday foods, tuck the grilled tofu into a sandwich, serve it up on a bed of greens or add it to soup or pasta salad. The options are endless.

Prep  
Time

5  
min

Cook  
Time

10  
min

Makes 6  
Servings



- 1 pkg (350 g) extra firm tofu
- 2 mL (1/2 tsp) grated orange rind
- 45 mL (3 tbsp) orange juice
- 30 mL (2 tbsp) sodium reduced soy sauce
- 10 mL (2 tsp) sesame oil
- 10 mL (2 tsp) grated fresh ginger
- 1 clove garlic, grated
- 1 mL (1/4 tsp) Sriracha chili sauce (hot sauce)
- 3 whole wheat pitas, cut in half
- 500 mL (2 cups) baby spinach
- 150 mL (2/3 cup) shredded carrot
- 6 small lime wedges

1. Cut tofu crosswise into 12 slices; set aside.
2. In a shallow baking dish, whisk together orange rind and juice, soy sauce, oil, ginger, garlic and chili sauce. Add tofu and turn to coat evenly. Let stand for at least 15 minutes or cover and refrigerate for up to 1 day.
3. Reserving marinade, place tofu slices on greased grill over medium-high heat for about 8 minutes and cook, turning once or until golden and crisp. Remove from grill and toss with reserved marinade.
4. Fill each pita half with spinach and carrots and tuck in two tofu slices each. Squeeze lime juice over top.

### NUTRIENTS PER SERVING

% DV

Calories	173	-
Fat	6 g	9 %
Saturated + Trans	1 g	4 %
	0 g	-
Cholesterol	0 mg	-
Sodium	348 mg	14 %
Carbohydrate	23 g	8 %
Fibre	4 g	14 %
Sugars	2 g	-
Protein	10 g	-
Vitamin A	-	40 %
Vitamin C	-	17 %
Calcium	-	8 %
Iron	-	18 %



### TIPS

- Ask your little chefs to whisk the marinade and add in the tofu slices. They can also fill the pita halves with veggies and grilled tofu.
- Add the grilled tofu to a stir-fry with bok choy and pepper strips.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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