



## TOFU QUESADILLA

I'll show you how to make this tofu quesadilla recipe in 10 mins! These dairy-free tofu quesadillas are delicious, vegan & high in protein!

5 from 2 votes

Course: Main Course   Cuisine: Vegan   Keyword: Mexican, quesadilla, tofu  
Prep Time: 2 minutes   Cook Time: 8 minutes   Total Time: 10 minutes   Servings: 2  
Calories: 320kcal

### Equipment

- 1 Pan large non-stick
- 1 Spatula
- 1 Knife

### Ingredients

- 2 Tortilla Wraps GF if you are making gluten-free tofu quesadillas
- 1/2 block tofu extra firm tofu, crumbled
- 1 tbsp oil
- 1 cup mushrooms sliced thinly
- 1/4 onion diced
- 1/2 bell pepper diced
- 1 tomato diced
- 2 tbsp scrambled tofu seasoning or taco/fajita seasoning (more or less depending on preference)
- 1/2 tbsp vegan butter or oil
- 1/2 avocado optional, sliced thinly
- 1/2 cup vegan cheese shredded

### Instructions

1. Start by preparing the vegetables. Dice the mushrooms, onion, bell pepper, and tomato. Set them aside.
2. Heat a non-stick pan with oil over medium-high heat. Add the diced vegetables to the pan and sauté for a couple of minutes until they begin to soften.

3. Push the sautéed vegetables to one side of the pan, creating space on the other side. Crumble the extra firm tofu onto the empty side of the pan.
4. Cook the vegetables and tofu separately for another couple of minutes.
5. Once the vegetables have mostly cooked and most of the moisture from the tofu has evaporated, mix everything together in the pan.
6. Add your preferred seasoning (either fajita, taco, or my recipe for Scrambled Tofu Seasoning) over the tofu and vegetable mixture. Adjust the seasoning according to your taste preferences. Add salt, pepper, and hot sauce, if desired. Mix well to evenly coat the tofu and vegetables with the seasoning. Remove the mixture from the pan and set aside.
7. This recipe makes two servings, so if serving for just one, set aside half of the tofu mixture for later use, such as breakfast the next day.
8. In the same pan, add a little vegan butter and reduce the heat slightly. Place a tortilla on the pan.
9. On one side of the tortilla, spread one serving of the tofu mixture. Top it with your preferred vegan cheese, I recommend vegan mozzarella.
10. Fold the tortilla in half, covering the tofu mixture and cheese, and press it down gently with a spatula. Cook for a few minutes on each side until the tortilla is nicely browned and the vegan cheese has melted.
11. Remove the tofu quesadilla from the pan and transfer it to a cutting board. Cut it into wedges or desired shapes.
12. Serve the vegan tofu quesadilla hot and enjoy it with a side of vegan sour cream and/or salsa, if desired.
13. Note: Feel free to customize the recipe by adding other vegetables, experimenting with different seasonings, or adding additional toppings to suit your taste preferences.