



Makes 16 wraps
Preparation Time: 35 minutes

INGREDIENTS:

½ of a 14- to 16-oz. package
extra-firm water-packed tofu

8 oz. thin brown rice vermicelli
or capellini noodles

⅓ cup low-sodium vegetable
broth

¼ cup orange juice

2½ tablespoons reduced-sodium
soy sauce or tamari

2 tablespoons rice vinegar

2 teaspoons pure cane sugar

2 teaspoons cornstarch

8 oz. cremini or button
mushrooms, chopped

1 medium bell pepper (any
color), chopped

1 8-oz. can sliced water
chestnuts, drained and chopped

1½ cups shredded carrots

3 scallions, thinly sliced

4 cloves garlic, minced

1 tablespoon minced fresh
ginger

32 iceberg or Bibb lettuce leaves

2 teaspoons toasted sesame
seeds

Tofu Lettuce Wraps

Inspired by the signature P.F. Chang's appetizer, these company-worthy tofu lettuce wraps are easy enough for a **weeknight meal**. Crumbled tofu, umami-rich **mushrooms**, sweet red bell pepper, and crunchy water chestnuts are coated in a mouthwatering orange-soy sauce. Spoon the tofu-veggie mixture and noodles into lettuce leaves and garnish with toasted sesame seeds. Ready in 35 minutes!

For more inspiration, check out these tasty ideas:

- [Dom Thompson's Vegan Egg Salad Collard Wraps](#)
- [Taco Lettuce Wraps with Melon Salsa](#)
- [Curry Chickpea Lettuce Wraps](#)
- [Stir-Fry Wraps with Peanut Dipping Sauce](#)

By Laura Marzen, RD, LD

- 1 Place tofu between folded paper towels. Top with a plate and a heavy can of food. Let stand 15 minutes. Crumble drained tofu into a small bowl. Meanwhile, cook noodles according to package directions. Drain; rinse with warm water. Drain again well; cover to keep warm.
- 2 For sauce, in a small bowl whisk together vegetable broth and the next five ingredients (through cornstarch) until smooth; set aside.
- 3 In a large skillet cook mushrooms and bell pepper over medium 5 to 7 minutes or just until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add water chestnuts, ¾ cup of the carrots, the scallions, garlic, and ginger; cook and stir 3 minutes more. Add tofu.
- 4 Stir sauce and add all at once to skillet. Cook, stirring gently, 2 to 3 minutes or until filling is well combined and sauce is thickened and bubbly.
- 5 Arrange lettuce leaves in stacks of two. Fill the layered lettuce leaves with tofu mixture and noodles; top with the remaining ¾ cup shredded carrots and the sesame seeds.