



Test Kitchen Tuesday

Try it. You might like it.

Teriyaki Tofu Wraps with Macadamia Roasted Garlic Spread

Adapted From: [Café Flora Cookbook](#)

Time Required: Plan on one hour

Skill Level (out of 5): 🍳🍳🍳

2Chili's Taster Rating (out of 5): ★★★★★

Makes: 4 servings

For the wrap

Ingredients:

- 1 (14-16 ounce) block of firm tofu, pressed, or extra firm tofu
- ½ cup of prepared teriyaki sauce (recommend Soy Vay Island Teriyaki)
- 4 (12 inch or wrap size) spinach flour tortillas
- ½ cup Macadamia Roasted Garlic Spread (recipe below)
- 1 cup shredded carrots
- 3 scallions, thinly sliced
- 1 cup spicy or crunch sprouts
- ¾ cup Jasmine rice

Method:

- Preheat oven to 350 F
- Put the rice in a saucepan with 1 ¾ cups water and cover the pot. Bring the pot to a boil, reduce heat to low, and re-cover the pot. Cook for about 15 minutes, or until the water has been absorbed
- Pat dry pressed tofu blocks and cut them across the shorter side into ½ inch slabs. Lay them in a baking dish in a single layer
- Pour ½ cup teriyaki sauce over the tofu slices. Bake until the teriyaki sauce forms a thick glaze – 25-35 minutes. Check occasionally to make sure that it doesn't burn, and gently turn the tofu several times as it cooks
- Remove the tofu from the pan while it's still hot, and pour the thickened sauce over the slices. Set aside to cool. When it's cool, cut each slice into 4 thick sticks
- Warm a tortilla in a large skillet over medium-high heat for 10 to 15 seconds. Flip it over and warm on the other side for 5-10 seconds. Repeat for the other tortillas as you build the warps.



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Build the Wrap

- Lay the tortilla flat on a work surface and spread with 2 tablespoons of the Macadamia Roasted Garlic Spread, leaving a 2-inch border all around.
- Drop ¼ cup of the rice into the center of the wrap and spread it out. Top this with a quarter of the baked teriyaki tofu sticks
- Scatter ¼ cup carrots, 2 tablespoons scallions, and ¼ cup sprouts over the tofu and drizzle one tablespoon of teriyaki sauce over all
- Fold the sides of the tortilla in towards the filling. Roll the tortilla starting with the end closest to you, keeping the sides folded in.
- Build the remaining three wraps and roll as above
- Using a very sharp knife, cut each wrap in half at an angle and serve

For the Roasted Garlic Macadamia Spread

Makes about 1.5 cups

Ingredients:

- 1 large head garlic
- ½ cup olive oil, plus 1 tablespoon
- 1 cup macadamia nuts, preferably unsalted

Method:

- Preheat the oven to 350 F
- Break up the bulb of garlic into cloves, leaving the papery skin on each clove
- Toss the cloves with 1 tablespoon of oil to coat, and put in a small baking dish covered with foil
- Roast in the oven until the cloves are soft, about 30 minutes
- When the roasted cloves are cool enough to handle, squeeze the soft garlic out of the paper skin and into the bowl of a food processor
- Add the macadamia nuts, and give the mixture six or seven 1-second pulses until it is wet and crumbly
- Scrape down the bowl, and then, with the motor running, add the ½ cup of olive oil until it's completely incorporated
- Add salt to taste

Nutrition:

Note: There are so many variables that go into this item that will impact the sodium levels. I calculated this based on Soy Vay Island teriyaki sauce and low sodium wraps.



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Nutrition Facts

User Entered Recipe

4 Servings

Amount Per Serving

Calories	455.6
Total Fat	21.6 g
Saturated Fat	3.3 g
Polyunsaturated Fat	4.7 g
Monounsaturated Fat	10.5 g
Cholesterol	0.0 mg
Sodium	795.0 mg
Potassium	463.4 mg
Total Carbohydrate	51.1 g
Dietary Fiber	6.8 g
Sugars	12.6 g
Protein	18.8 g

Vitamin A	68.7 %
Vitamin B-12	0.0 %
Vitamin B-6	9.8 %
Vitamin C	9.7 %
Vitamin D	0.0 %
Vitamin E	5.1 %
Calcium	19.1 %
Copper	15.7 %
Folate	15.0 %
Iron	24.1 %
Magnesium	24.9 %
Manganese	81.3 %
Niacin	6.7 %
Pantothenic Acid	3.5 %
Phosphorus	23.0 %
Riboflavin	5.4 %
Selenium	22.8 %
Thiamin	14.4 %



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Nutrition Facts

User Entered Recipe

2 Servings

Amount Per Serving

Calories	373.2
Total Fat	2.7 g
Saturated Fat	0.1 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	0.1 g
Cholesterol	0.0 mg
Sodium	118.8 mg
Potassium	906.0 mg
Total Carbohydrate	85.9 g
Dietary Fiber	13.2 g
Sugars	23.9 g
Protein	13.3 g

Vitamin A	217.7 %
Vitamin B-12	0.0 %
Vitamin B-6	22.1 %
Vitamin C	63.9 %
Vitamin D	0.0 %
Vitamin E	3.7 %
Calcium	14.7 %
Copper	13.2 %
Folate	45.6 %
Iron	30.1 %
Magnesium	17.1 %
Manganese	32.8 %
Niacin	33.6 %
Pantothenic Acid	9.8 %
Phosphorus	13.1 %
Riboflavin	24.1 %
Selenium	1.9 %
Thiamin	52.9 %