



# ***Tofu and Cashew Lettuce Cups***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

2 tablespoons canola oil  
14 ounce package firm tofu; drained and cut into 1 inch squares  
2 cloves garlic, minced  
1 tablespoon grated ginger  
1 bunch scallions, trimmed and sliced  
1/2 cup shredded carrots  
1 8-ounce can sliced water chestnuts; drained and chopped  
1/3 cup roasted, unsalted cashews; chopped  
2 cups cooked brown rice  
1 small head of Boston or Bibb lettuce, leaves separated  
Sauce: 1/4 cup soy sauce, 1/4 cup honey, 1 tablespoon Asian chili sauce  
Combine sauce ingredients in a small bowl. Set aside.

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## ***Directions***

Heat oil in a large skillet or wok over medium-high heat. Cook garlic and ginger until golden and fragrant, 1 minute. Add tofu, stirring occasionally until browning begins, about 3 minutes. Add the scallions and carrots and cook for 1 minute. Stir in water chestnuts and soy sauce mixture. Cook until heated through, about 2-3 minutes (if needed, thicken with 2 teaspoons cornstarch dissolved in 2 tablespoons cool water). Remove from heat and add cashews.

Divide the rice among the individual lettuce leaves. Repeat with tofu mixture. Serve immediately. Enjoy!