FAJITAS (Makes 6)

1 package of 6 wheat tortillas (or half of 12-pack)*
One batch of ROASTED MARINATED TOFU
Sherry, white wine, veg broth or water as needed
2 bell peppers, any color, trimmed, seeded, and cut into strips
6 mushrooms, sliced (optional)
One onion, sliced
1 to 2 cloves garlic

For serving (any or all):
Sliced avocado
Salsa
Chopped fresh cilantro

Prepare the tofu (recipe in next column). Sauté the peppers, mushrooms, onion and garlic in sherry or other liquid, until the color of the peppers is bright and the onions and garlic are translucent or even slightly browned.

Slightly warm the tortillas in the oven or microwave. Place tofu strips and veggies in each tortilla, wrap from the bottom to prevent dripping, and serve with desired accompaniments.

*Whole wheat tortillas that are completely plant-based can be hard to find. Some store brands contain fish oil, so check labels for ingredients. One good brand is Ezekiel Food for Life Sprouted Grain Tortillas (they come in packages of 12, freeze any unused remainder).

Wegmans supermarkets makes two varieties of gordita-style tortillas that are plant-based: Spinach, Garlic & Pesto, and Tomato & Basil. These are not entirely whole-food, as they are made with enriched white flour and they contain some oil; however, they have a good texture and size for fajitas and might be acceptable if you make occasional departures from the "whole food" part of WFPB.

ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
½ tsp garlic powder
½ tsp ground ginger (optional)
1 tsp toasted sesame oil

Cut the tofu into strips. Lay the tofu on a nonstick or lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 minutes on each side, turning once.



