

# McDougall Made Easy Recipes

For more ideas and recipes go to the “McDougall Made Easy DVD” section on our web site: [www.drmcdougall.com](http://www.drmcdougall.com).

## Lesson 12: Tofu Tacos and Tofu Sour Cream

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 6-8

Spicy Tofu:

24 ounces firm tofu (not silken)

4 tablespoons soy sauce

2 tablespoons lime juice

2 tablespoons chili powder

2 teaspoons ground cumin

2 teaspoons garlic powder

½ teaspoon cayenne

Drain tofu in a colander and press out excess water with paper towels. Cut into ½ inch cubes. Combine soy sauce, lime juice, chili powder, cumin, garlic powder, and cayenne in a large bowl. Add tofu and mix gently. Let stand for 10 minutes, stirring occasionally. Place a large non-stick frying pan on medium heat. Add tofu and cook turning occasionally for about 10 minutes. Set aside.

Cabbage:

4 cups finely shredded cabbage

3 tablespoons seasoned rice vinegar

½ tablespoon lime juice

Combine all ingredients in a bowl and set aside.

Corn Tortillas

Soften individually on a dry non-stick griddle, or wrap in a towel and heat in the microwave.

To assemble:

Take a soft corn tortilla, spoon tofu and cabbage down the center, add a bit of aioli and some hot sauce, if desired, roll up and eat with your fingers.

TOFU SOUR CREAM

Servings: variable

Preparation Time: 5 minutes

Chilling Time: 2 hours

# McDougall Made Easy Recipes

For more ideas and recipes go to the "McDougall Made Easy DVD" section on our web site: [www.drmcDougall.com](http://www.drmcDougall.com).

1 package silken tofu  
2 tablespoons lemon juice  
2 teaspoons sugar  
pinch salt

Combine all ingredients in a food processor and process until smooth. Use anytime you would use dairy sour cream.

## CILANTRO-GARLIC AIOLI

Preparation Time: 5 minutes

Servings: Makes 1 ½ cups

1 ½ cups tofu sour cream  
2 large cloves garlic, peeled and coarsely chopped  
juice of 1 lime  
1/3 cup cilantro leaves  
dash salt

Place all ingredients in a food processor and process until smooth.

RECIPE HINT: Will keep in refrigerator for about 2 weeks.