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MetaBurn90 Day 3, Meal 1

Tofu Ranchero

Substituting tofu for eggs in this classic southwest-inspired dish, this recipe is an excellent weekend breakfast or a high-protein alternative to oats and cereal. A completely vegan dish, the "cheese" in this recipe is made from soaked cashews and nutritional yeast, while the corn tortillas make this a gluten-free recipe that is sure to please.

Prep time: 8 hrs. Cook time: 15 min.

Serving size: 2 tortillas

Recipe yields 1 serving

Ingredients:

1/2 onion, finely chopped
1 jalapeno, seeds removed, thinly sliced
1 tbsp cumin
1 tbsp oregano
1/2 cup diced tomatoes
3 oz. extra-firm tofu, drained, pressed, and diced
1/4 cup chopped cilantro
2 small corn tortillas

Cashew "cheese":

1/4 cup soaked cashews
2 tbsp lemon juice
2 tsp smoked paprika
1 tsp cayenne
1 tbsp nutritional yeast

Directions:

1. Soak the cashews overnight, then drain and rinse.
2. In a blender, combine the cashews, lemon juice, paprika, cayenne, and nutritional yeast with a little bit of water, and blend until very smooth. Add water as needed to help the blending process and achieve desired consistency. Stop every 30 seconds to

stir the mixture. Add water carefully: Mixture should be smooth and creamy, but not too runny.

3. In a skillet over medium-high heat, sweat the onion and jalapeno until soft. Add the cumin and oregano and cook one minute. Reduce heat to low and add the tomatoes and tofu. Let this mixture simmer 6-8 minutes, stirring occasionally. Finish with chopped cilantro.
4. Spread the cashew cheese on the tortillas, then top with the tofu mixture.