

Tofu Tacos

 Serves **4** |  Prep time **10 min** |  Cook time **10 min**

 Symptom support **High Protein** | **Heart Healthy**

How this recipe supports cancer health

These tacos provide plant-based protein and anti-inflammatory nutrients in a gentle, easy to digest format. Tofu offers complete, low fat protein that supports muscle maintenance and steady energy, especially helpful during treatment or recovery. Peppers supply vitamin C and antioxidants that support immune function and help reduce oxidative stress.

Whole wheat or corn tortillas add mild fiber for blood sugar stability, which is important for diabetes management. The seasonings keep flavor up without adding irritation, and onions can be included or skipped depending on digestive tolerance.

Overall, it's a simple, balanced meal that supports heart health, protein needs, and calm digestion.

Ingredients

- 1 (14 oz) block firm or extra-firm tofu, drained
- 1 tbsp soy sauce or tamari
- 1 tsp olive oil
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 bell pepper, sliced
- ½ small onion, sliced (optional if tolerated)
- 8 small whole-wheat or corn tortillas
- Lime wedges and chopped cilantro (optional)



Instructions

1. Pat tofu dry and crumble it into a bowl. Mix with soy sauce, oil, and spices.
2. Heat a skillet over medium heat and cook tofu 5–7 minutes until lightly browned.
3. Add sliced pepper (and onion if using) and cook 3–5 minutes until soft.
4. Spoon tofu and veggies into tortillas. Add lime and cilantro if desired.



Vegan Swap

This recipe is already vegan! To make it gentler for treatment-related gut sensitivity, use soft corn tortillas and skip the onion or chili powder. Add mashed avocado for creaminess and healthy fats that soothe digestion.

Nutrition Info (per serving)

Approx. 180 kcal | 13g protein | 6g fiber | 8g fat
14g carbs | Low sodium