

FIESTA BURRITOS

2 ½ Morinaga Silken Firm Tofu
1 Tbs. tamari or soy sauce
1 Tbs. olive oil
¾ Cup med. Hot salsa
3 scallions sliced
1 Tbs. lime juice
3 large cloves garlic, minced
¼ cup chopped cilantro
⅓ cup chopped green bell pepper Refried beans

Drain tofu and pat dry. Grate tofu into a medium bowl and place in microwave for 2 A minutes. Drain liquid that is drawn from tofu. Heat olive oil in a medium frying pan over medium high flame. Add scallions, garlic and bell peppers and sauté for 3 minutes or until crisp tender. Add grated tofu and continue to cook for 5 minutes, stirring frequently. Stir in tamari, salsa, lime juice and chopped fresh cilantro. Lower flame and simmer 5 minutes or until ready to serve. Serve with warm whole wheat tortillas and salsa.