# Tofu Cabbage Rolls

*Don't judge a book by its cover - tofu is a wonder food that takes on the flavour of whatever you are cooking it with, so it is never boring! If you've never tried tofu before, it's time that you gave it a shot with this delicious cabbage roll recipe.*

## Ingredients

½ red onion, finely chopped

3 cloves garlic, minced

1 cup grated carrot

1 rib celery, finely chopped

1 tbsp extra virgin olive oil

1 block of medium-firm tofu

¼ cup fresh basil, chopped

¼ cup fresh parsley, chopped

3 tbsp low-sodium soy sauce or gluten-free tamari

4 quarts water

Preparation:

1. In a large nonstick skillet, sauté onion, garlic, carrot and celery in olive oil. Crumble tofu into skillet. Add herbs. Cook a few minutes more until heated through. Add soy sauce or tamari and mix well. Remove from heat and set aside.

2. In medium saucepan, bring 4 quarts water to a boil. Place cabbage leaves in boiling water. Reduce heat and let cabbage cook briefly until it just changes colour. Remove from water immediately and run under cold water. Set on paper towel to drain.

3. Divide tofu mixture among the six cabbage leaves. Roll cabbage carefully so the tofu mixture doesn't fall out and the cabbage leaves don't split. Place cabbage rolls in steamer basket and steam for 10 minutes. If you don't have a steamer, you can use a grill pan to grill the rolls with a little cooking spray. Serve hot. Serves 6.

| Nutritional Information (per serving) | |
|---|---|
| Calories | 158 |
| Protein | 13g |
| Fat, total | 9g |
| Carbohydrates | 9g |
| Sodium | 488mg |
| Sugars | 2g |
| Fiber | 3g |