

# Cajun-Spiced Tofu Tostadas With Beet Crema

## Instructions

1. Position a rack in the upper third of the oven; preheat to 400 degrees.
2. Brush both sides of the tortillas with 1 tablespoon of oil and arrange on a baking sheet (it's OK if they overlap a bit; they will shrink as they cook). Bake, turning once halfway, until browned and very crisp, about 10 to 12 minutes. Transfer to a wire rack and let cool.
3. Meanwhile, toss the shredded cabbage, mango, 1 tablespoon of lime juice, cilantro, and 1/4 teaspoon of salt in a medium bowl. Combine the shredded beet, sour cream, garlic, the remaining 1 tablespoon of lime juice, and 1/4 teaspoon of salt in a small bowl.
4. Heat the remaining 1 tablespoon of oil in a large cast iron skillet over medium-high heat. Add the tofu, Cajun seasoning, and the remaining 1/4 teaspoon salt. Cook, stirring occasionally, until nicely browned, about 8 to 10 minutes.
5. Top each tortilla with the tofu, slaw, beet crema, and avocado to form the tostadas.
6. TIP: For flawless julienne pieces, trim a thin slice off of the bottom of the mango. Stand it on that end and cut the skin off with a sharp knife. Slice along both sides of the flat pit to yield two large pieces. Turn the pit parallel to you and cut the two smaller pieces of fruit from each side. Thinly slice each piece into long matchsticks.

## Ingredients

- 8 corn tortillas
- 2 tablespoons of avocado oil, divided
- 3 cups of shredded cabbage
- 1/2 mango, julienned
- 2 tablespoons of lime juice, divided
- 1 tablespoon of fresh cilantro, chopped
- 3/4 teaspoon of salt, divided
- 1 small cooked beet, shredded
- 1/3 cup of sour cream
- 1 small clove of garlic, grated
- 1 14-16-ounce package of extra-firm tofu, drained, crumbled, and patted dry
- 2 tablespoons of salt-free Cajun seasoning
- 1 avocado, diced

## Grocery List

Produce	Canned Goods/Grocery
○ Shredded cabbage	○ Corn tortillas
○ Mango	○ Avocado oil
○ Cilantro	○ Lime juice
○ Beet	○ Salt
○ Garlic	○ Sour cream
○ Avocado	○ Extra-firm tofu
	○ Salt-free Cajun seasoning