

Vegetarian Lunch Box With Tofu and Edamame



Discover this delicious tofu-based lunch box, perfect for a balanced and protein-rich vegetarian meal on the go.

Preparation 5 min
Cooking 2 min
Servings 1
Nutrition Facts (per serving)
Calories 235
Fat 7
Carbohydrates 32
Fibre 8
Protein 14
Sodium 300

Ingredients

- 150 g (1 cup) chopped baby carrots
- 85 g (¾ cup) extra-firm tofu, cubed, cooked
- 40 g (1¼ cup) edamame, cooked

- 30 mL (2 tablespoons) original hummus
- 1 medium apple, sliced

Preparation

1. Assemble ingredients in a snack box.

Notes

Can be stored for 5-7 days in the refrigerator



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