

# Creamy Chipotle Whipped Tofu with Crispy Lentils and Roasted Zucchini

Prep: 10 minutes • Cook: 25 minutes

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*Silky chipotle- and miso-laced whipped tofu, deepened with roasted garlic, meets caramelized zucchini and crisp chili-lime lentils for a smoky, creamy, and textural high-protein bowl.*

## Ingredients

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- 2 medium (about 2 cups) zucchini (thinly sliced)
- 3 teaspoons olive oil (divided)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 whole garlic bulb (top third sliced off)
- 15 oz can or 1 1/2 cups cooked lentils (well drained)
- 3 teaspoons oil (divided)
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 teaspoon chili powder blend
- as needed lime juice
- 15 ounces tofu (silken or firm)
- 1/2 teaspoon salt
- 1 teaspoon lime zest (or lemon zest)
- 1 to 2 teaspoons miso
- 1 to 2 chipotle peppers in adobo
- from above roasted garlic
- onion (chopped, optional)
- tomato (chopped, optional)
- cilantro (optional)
- lime juice (optional)
- hemp seeds (optional)

## Instructions

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1. Preheat oven to 400°F (205°C).
2. Prepare zucchini: Add thinly sliced zucchini to a baking dish or parchment-lined sheet. Drizzle with 2 teaspoons olive oil, season with 1/4 teaspoon salt and 1/4 teaspoon black pepper, and toss to coat evenly.

3. Prepare garlic for roasting: Slice off the top third of the garlic bulb to expose cloves. Place bulb in the center of the dish, drizzle with remaining 1 teaspoon olive oil, and loosely cover with foil or parchment. Optionally squeeze exposed garlic from the cut top over the zucchini.
4. Roast zucchini and garlic for 20 to 25 minutes. Switch oven to broil and broil 1 to 2 minutes until zucchini gets light brown spots. Remove from oven, set roasted garlic aside to cool slightly.
5. Crispy lentils (roast alongside zucchini): Thoroughly drain lentils (at least 10 minutes), then add to a parchment-lined baking sheet. Toss with 2 teaspoons oil, 1/4 teaspoon salt, and 1/4 teaspoon garlic powder; spread in an even layer.
6. Bake lentils 20 to 25 minutes, then stir and redistribute (move crisp edges to center). Continue baking 5 to 10 minutes more, until crisp to preference.
7. Finish lentils: While hot, toss with remaining 1 teaspoon oil and a squeeze of lime juice, then sprinkle with 1 teaspoon chili powder blend and toss to coat evenly.
8. Make chipotle whipped tofu: In a food processor, add tofu, 1 to 2 chipotle peppers in adobo, 1 to 2 teaspoons miso, 1 teaspoon lime zest (or lemon zest), and 1/2 teaspoon salt. Squeeze in the roasted garlic cloves from the cooled bulb. Process until completely smooth and whipped. If using firm tofu, add 1 to 2 tablespoons water as needed for a creamy texture.
9. Taste and adjust whipped tofu with more salt, lime juice, or adobo sauce. For best flavor, chill 10 to 15 minutes to let flavors meld (optional).
10. Serve: Spoon whipped tofu into bowls and top with roasted zucchini and crispy lentils. Add desired toppings—chopped onion, tomato or pico de gallo, cilantro, lime juice, and hemp seeds. Alternatively, use components for tacos, wraps, burritos, or nachos.

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**Tags: Vegan, Gluten Free, High Protein, Lentils, Tofu, Tex Mex**

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