Huevos Rancheros

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

A healthy twist on a classic brunch dish!

About the Recipe

255 Calories · 12.4 g Protein · 8.4 g Fiber
Breakfast
Gluten-free · Nut-free

Add extra flavor with a high-quality, fresh salsa!

Be sure to pick gluten-free tortillas or toast if you are following a gluten-free diet.

Ingredients

Makes 4 Servings

- 8 oz (227 g) extra firm tofu
- 1 Yukon Gold potato, cubed
- 1/4 tsp (1.2 mL) Iodized salt
- 2 tsp (10 mL) ground turmeric
- 1/2 tsp (2.5 mL) chili powder
- 1/2 c (130 mL) salsa
- 4 corn tortillas or pieces of toast
- 3 tbsp (35 mL) chopped fresh cilantro
- 1 Roma tomato, diced

Directions

1. Crumble the tofu in a mixing bowl.
2. Cube and cook the potato by steaming it for about 5 minutes.

3. While steaming, heat a skillet over medium heat. Add tofu and salt and cook for about 3 to 4 minutes, stirring gently and slowly.
4. Add the turmeric, chili powder, and potato, cooking for 1 minute more.
5. Add the salsa.
6. Place equal portions of the scrambled tofu on each tortilla (can use flour tortillas or toast), then top with fresh cilantro and tomato. Leftovers: Heat the scrambled tofu over medium heat for about 3 minutes, adding the salsa after about 1 minute. Cook for another 2 minutes and then complete with the other ingredients.

Nutrition Facts

Per serving

Calories: 255
Fat: 3.6 g
  Saturated Fat: 0.5 g
  Calories from Fat: 12%
Cholesterol: 0 mg
Protein: 12.4 g
Carbohydrate: 47.5 g
Sugar: 3.8 g
Fiber: 8.4 g
Sodium: 608 mg
Calcium: 108 mg
Iron: 4.6 mg
Vitamin C: 12.6 mg
Beta-Carotene: 340 mcg
Vitamin E: 1.1 mg