Tofu Zucchini Breakfast Scramble

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

This quick scramble makes a delicious breakfast. Serve it with whole-grain English muffins, warm tortillas, or toasted bread.

About the Recipe

70 Calories · 2.6 g Protein · 2.3 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- 1 onion, chopped
- 2 cloves garlic, minced
- 2 medium zucchini, finely diced
- 8 oz (227 g) firm tofu, diced or crumbled
- 1 tsp (5 mL) chili powder
- 1 tbsp (15 mL) reduced-sodium soy sauce
- 1/2 c (130 g) salsa (optional) **optional*
- for serving English muffins, warm tortillas, or toasted French bread

Directions

1. Heat 1/2 c (120 mL) of water in a large nonstick skillet.
2. Add onion and garlic. Cook over high heat, stirring often, until soft, about 5 minutes.
3. Add zucchini, tofu, and chili powder. Reduce heat and cook, stirring often, until zucchini is tender, about 5 minutes. Add a small amount of additional water, if necessary, to prevent sticking.
4. Stir in soy sauce.

5. Top with salsa, if using. Serve with whole-grain English muffins, warm tortillas, or toasted bread.

Nutrition Facts

Per 1-c serving:

Calories: 70

Fat: 2.6 g

Saturated Fat: 0.5 g

Calories From Fat: 33.1%

Cholesterol: 0 mg

Protein: 5.9 g

Carbohydrate: 7.8 g

Sugar: 2.9 g

Fiber: 2.3 g

Sodium: 150 mg

Calcium: 136 mg

Iron: 1.5 mg

Vitamin C: 6.1 mg

Beta-Carotene: 496 mcg

Vitamin E: 0.3 mg