Tofu Paneer Bhurji

Source: Recipe by Nandita Shah

Serve this Indian-style tofu scramble with rice and Indian breads or place in your favorite whole-grain wrap or tortilla.

About the Recipe

101 Calories · 9.5 g Protein · 2.1 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1-4 green chiles, seeded and chopped
- 1/2-inch piece fresh ginger, peeled and minced
- 2 tomatoes, chopped
- 1/4 tsp. turmeric
- 1 tsp. garam masala
- to taste salt
- 1 14-16 ounce container firm or extra-firm tofu, drained and crumbled
- 3 tsp. cashew paste **optional*
- 1/4 cup finely chopped fresh cilantro for garnish **optional*

Directions

1. Place large pan on medium heat and add cumin seeds.
2. When they sputter, add onion, garlic, green chilies, and ginger.

3. When the mixture begins to brown, add tomatoes, turmeric, curry powder, and salt.
4. When tomatoes begin to break down, add tofu and cashew paste, if using, and stir well.
5. Garnish with cilantro, if using.
6. Tip: Instead of mincing and finely chopping the onion, garlic, chilies, and ginger, you can put them all in the food processor and make it into a paste. This can cut down the preparation time and the taste will be equally good.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 101
Fat: 4.5 g
    Saturated Fat: 0.9 g
    Calories from Fat: 37.1%
Cholesterol: 0 mg
Protein: 9.5 g
Carbohydrates: 8.6 g
Sugar: 3.4 g
Fiber: 2.1 g
Sodium: 420 mg
Calcium: 222 mg
Iron: 2.7 mg
Vitamin C: 36 mg
Beta Carotene: 237 mcg
Vitamin E: 0.5 mg