

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 English muffins, warm tortillas, or toasted French bread.

About the Recipe

70 Calories · 2.6 g Protein · 2.3 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- water (1/2 cup)
- onion, chopped (1)
- garlic, minced (2 cloves)
- medium zucchini, finely diced (2)
- firm tofu, diced (1/2 pound)
- chili powder (1 tsp.)
- reduced-sodium soy sauce (1 tbsp.)
- salsa (1/2 cup)
- English muffins, warm tortillas, or tasted French bread (for serving)

Directions

1. Heat 1/2 cup 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 English muffins, warm tortillas, or toasted French bread.

Nutrition Facts

Per 1-cup serving

Calories: 70

Fat: 2.6 g

Saturated Fat: 0.5 g

Calories from Fat: 33.1%

Cholesterol: 0 mg

Protein: 5.9 g

Carbohydrates: 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