

# Breakfast Tofu Scramble

Extra-firm tofu, when crumbled, has a scrambled egg texture and, when paired with turmeric, a bit of an egg-like flavor, without any added cholesterol.

## About the Recipe

**108 Calories · 10g Protein · 4.6g Fiber**

**Breakfast**

**Gluten-free · Nut-free**

Tofu is rich in plant-based protein and may even protect against certain types of cancer!

## Ingredients

***Makes 4 Servings***

- tofu, extra firm (light or low-fat when possible) (14-16 ounces)
- garlic, minced (1 clove)
- onion, diced (1/2 cup)
- green pepper, diced (1/2 cup)
- red pepper, diced (1/2 cup)
- mushrooms, chopped (3/4 cup)
- turmeric powder (1/4 teaspoon)
- cumin powder (1 teaspoon)
- black pepper (3/4 teaspoon)
- salt (1 teaspoon)

## Directions

1. Add 1/4 cup (60 milliliters) water to large saute pan. Once heated, add diced onion.

2. When the aroma releases from the onion and it starts to become translucent, add minced garlic. Cook for 2 minutes, add diced peppers and chopped mushrooms and add 1/4 cup (60 milliliters) water if vegetables are sticking to the pan. Cook for about 4 minutes or until vegetables are tender.
3. Crumble tofu with hands and add to pan along with turmeric, mixing well. Add cumin powder, pepper, and salt, and cook for another 4-6 minutes until everything is cooked through.
4. Serve with whole-grain toast or on a warm corn tortilla.

## Nutrition Facts

*Per serving*

**Calories:** 108

**Fat:** 4.6 g

**Saturated Fat:** 0.6 g

**Calories from Fat:** 36%

**Cholesterol:** 0 mg

**Protein:** 10 g

**Carbohydrate:** 9.2 g

**Sugar:** 3.5 g

**Fiber:** 4.2 g

**Sodium:** 594 mg

**Calcium:** 67 mg

**Iron:** 3.2 mg

**Vitamin C:** 41.6 mg

**Beta-Carotene:** 399 mcg

**Vitamin E:** 0.5 mg